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Handbook of the Western '98

CONSTITUTION
BY-LAWS

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HOW
TO
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Intercollegiate
Amateur
Athletic
Association

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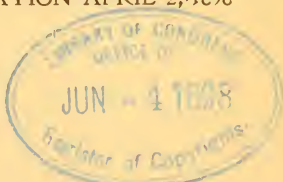
CONSTITUTION, BY-LAWS AND
ATHLETIC RULES

OF THE

**Western Intercollegiate
Amateur
Athletic Association**



ADOPTED BY THE ASSOCIATION APRIL 2, 1893



Published under the Authorization of the Graduate Executive
Committee

BY THE

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THE WESTERN INTERCOLLEGIATE AMATEUR ATHLETIC ASSOCIATION

PRESIDENT

JAMES H. MAYBURY, University of Wisconsin

VICE-PRESIDENT

ALLAN CAMPBELL, University of Michigan.

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CHARLES S. WILLISTON, . . . Iowa College (Grinnell).

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Members of the Association



DePauw University.

Drake University.

Iowa College (Grinnell).

Knox College.

Lake Forest University.

Leland Stanford Jr., University.

Northwestern University.

Purdue University.

The University of California.

The University of Chicago.

The University of Illinois.

The University of Iowa.

The University of Michigan.

The University of Minnesota.

The University of Nebraska.

The University of Wisconsin.

Yankton College.

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CONSTITUTION.

ARTICLE I.

NAME.

This Association shall have for its name the WESTERN INTERCOLLEGIATE AMATEUR ATHLETIC ASSOCIATION.

ARTICLE II.

OBJECT.

The object of the Association shall be the control and development of amateur track and field sports among the colleges of the western United States.

ARTICLE III.

MEMBERS.

Membership in this Association shall be limited to institutions which have collegiate standing.

ARTICLE IV.

OFFICERS.

SECTION 1. The officers of the Association shall be the President, the Vice-President, the Secretary-Treasurer, and the members of the Graduate Executive Committee.

SEC. 2. The President shall be a representative of that member of the Association which scores the highest number of points at the Championship Games of the year preceding his term of office. He shall be an undergraduate at the time of his election; by undergraduate is meant

undergraduate in any department. He shall be elected by the aforesaid member and his credentials forwarded to the Secretary-Treasurer no later than November 15 of the year in which the aforesaid member has become entitled to make such election.

SEC. 3. The Vice-President shall be a representative of that member of the Association which scores the next to the highest number of points at the Championship Games of the year preceding his term of office. He shall be elected in the same manner and subject to the same qualifications as the President.

SEC. 4. The Secretary-Treasurer shall be a resident of the city of Chicago, and shall be elected by the Graduate Executive Committee and from its own number, but these qualifications shall not operate to affect the present Secretary-Treasurer.

SEC. 5. The members of the Graduate Executive Committee shall be residents of the city of Chicago, and shall be alumni of the institutions which they represent. No member of the said Committee shall have any student or professional connection with that member which he represents, but this clause shall not operate to affect any present member of the Committee. Each of the nine ranking members of the Association at the Championship Games of the Academic year preceding shall be entitled to a representative upon the aforesaid Committee, and shall appoint said representative, and forward his credentials to the Secretary-Treasurer, before November 15th of each year. Members of the aforesaid Committee shall continue in office until notice of the election of their successors has been received by the Secretary-Treasurer.

SEC. 6. The officers of the Graduate Executive Committee shall be a Chairman and a Secretary-Treasurer, who shall be elected by the Committee at its first regular meeting in each Academic year.

ARTICLE V.

ATHLETIC GAMES.

SECTION 1. The Annual Championship Games of the Association shall be held in the city of Chicago on the first Saturday of June.

SEC. 2. At the discretion of the Graduate Executive Committee one indoor meet may be held annually in the city of Chicago. Such meet shall be held in the name of the Association, and shall be open only to members of the Association; but the Association shall assume no financial responsibility for such meet, nor shall such meet be a championship meet.

ARTICLE VI.

BUSINESS MEETINGS.

SECTION 1. The Annual Business Meeting of the Association shall be held in the city of Chicago upon the evening of the day of the Annual Championship Games.

SEC. 2. At all business meetings each member may be represented by no more than three delegates, and shall have no more than one vote.

SEC. 3. Any alumnus of any member of the Association may be present at any meeting of the Association, may make motions at such meeting, and may participate in discussion.

SEC. 4. There shall be no voting by proxy.

ARTICLE VII.

DUES.

The annual dues shall be \$5 from each member. The payment of said dues shall accompany the making of entries to the Championship Games, and entries shall not be allowed unless accompanied by said dues.

ARTICLE VIII.

SUSPENSION AND EXPULSION.

SECTION 1. The Graduate Executive Committee may suspend any member by a two-thirds vote. At the Annual Business Meeting next following such suspension the Association shall either reinstate said member by a majority vote or expel by a two-thirds vote.

SEC. 2. No suspended member shall be reinstated, nor shall any member which has been expelled or which has forfeited its membership be readmitted without the payment of all back dues and assessments.

ARTICLE IX.

FORFEITURE.

Any member which for two successive years shall fail to compete at the Championship Games of the Association shall forfeit its membership.

ARTICLE X.

GAMES OFFICIALS.

No person who has ever had any official connection with any member of this Association shall be permitted to act as an official at any games of the Association.

ARTICLE XI.

NEW MEMBERS.

Upon the receipt of a written application for admission into the Association, the Secretary-Treasurer shall at once submit such application to a mailed vote of the Association. Such application must be accompanied by an admission fee of \$5. It shall require a two-thirds vote of the Association to admit a new member.

ARTICLE XII.

COMPACT. *

Each member agrees to abide by the Constitution, By-Laws and Rules of this Association.

ARTICLE XIII.

AMENDMENTS.

No addition, alteration, or amendment shall be made to this Constitution or to the By-Laws of this Association save by a two-thirds vote of the Association.

BY - LAWS.

ARTICLE I.

DUTIES OF OFFICERS.

SECTION 1. The President shall preside at all meetings of the Association, and may, upon his own motion, put any matter to vote before the Association. He shall have power to call meetings of the Graduate Executive Committee, and may, upon his own motion, put any matter to vote before that body.

SEC. 2. The Secretary-Treasurer shall keep the minutes of the Association and of the Graduate Executive Committee. He shall have charge of and be responsible for all writings and moneys belonging to the Association, and shall submit a report to the Association at its Annual Business Meeting. Such report shall, before its presentation to the Association, have been approved by an accountant and sub-committee appointed by the Graduate Executive Committee. The Secretary-Treasurer shall deposit bond in the amount of \$500 with some person designated by the Graduate Executive Committee.

SEC. 3. The Graduate Executive Committee shall have entire charge and direction of all athletic meets of the Association, shall decide all cases of protest, and shall have the power to determine the manner of hearing and ruling on all such protests. This Committee shall also direct the general policy of the Association, and shall make a report to the Association at each Annual Business Meeting. The said Committee shall also have power to levy special assessment on the members of the Association, not to exceed fifteen dollars in any one year.

ARTICLE II.

ENTRIES AND PROTESTS.

SECTION 1. Entries to the Championship Games shall

close at least twenty-one days before the day assigned for the games, and shall be filed with the Secretary-Treasurer.

At the time when said lists are so filed the University of California and Leland Stanford, Jr., University shall be required to exchange duplicates of their lists of entries, said duplicates to be attested and certified to as provided in Sec. 2 of this Article.

SEC. 2. All entries shall be made on printed entry blanks furnished by the Secretary-Treasurer, and such blanks shall have printed on their face the rules of eligibility of this Association, and also a certificate in the following form, which certificate shall be signed by the Registrar or some such regularly constituted authority of the college from which the competitors are entered: "I hereby certify that the following men, — in number, are eligible according to the above articles of the Constitution and By-Laws of the W. I. A. A. A."

SEC. 3. At least nineteen days before the annual games a printed list of all the entries shall be sent by registered mail by the Secretary-Treasurer to all members of the Association. Protests against competitors and evidence in support thereof must be filed with said Secretary-Treasurer at least fourteen days before the annual games. Evidence in support of such protests shall be in the nature of statements under oath. At the time such protests and evidence are sent, duplicates thereof shall be sent, by registered mail, to the member which has entered the protested competitor or competitors. Any defense to such protests must be filed with the Secretary-Treasurer at least seven days before the games; such defense shall be of the nature of counter-proofs under oath, and duplicate copies of such counter-proofs shall be sent by the protested member to the protesting member by registered mail at least seven days before the games.

SEC. 4. Evidence of the service of such copies of entries, protests, and counter-proofs referred to in this Article shall be made by United States registered mail receipts,

signed by the proper athletic authorities of the college to which said copies have been sent.

SEC. 5. Whenever a breach of the amateur rules of the Association is brought to the knowledge of the Graduate Executive Committee, otherwise than in the manner above specified, the said Committee shall have power to take such steps as it shall deem necessary to insure the amateur character of the games; provided that this discretion shall not be exercised so as to deprive any man entered as a competitor of an opportunity for a defense.

ARTICLE III.

NUMBER OF ENTRIES.

SECTION 1. No member shall enter more than eight men for any one event, or start more than three.

SEC. 2. No member having unpaid dues or assessments owing the Association shall be allowed to compete at the Championship Games.

ARTICLE IV.

VOTING BY MAIL.

SECTION 1. The Secretary-Treasurer, upon the written request of the President, or of three members of the Association, or upon the order of the Graduate Executive Committee, shall submit any motion to a mailed vote of the Association. Such mailed vote shall close thirty days from the date upon which the motion is mailed by the Secretary, and the votes then received shall constitute a quorum of the Association.

SEC. 2. Within five days after the closing of said vote with the Secretary-Treasurer, he must mail to each member of the Association a copy of the question and the result of the vote thereon, to wit: the number voting for and in opposition thereto, with a statement of whether said question has been carried or defeated.

ARTICLE V.

RESERVE AND SURPLUS.

SECTION 1. After a reserve fund of \$300 has been set aside the net profits of the Annual Championship Games shall be divided among the competing members of the Association upon a basis of mileage and competing entrants.

SEC. 2. The aforesaid reserve fund shall be deposited in the name of the Secretary-Treasurer in the savings department of some bank designated by the Graduate Executive Committee, and may be drawn upon only by written order of the Secretary-Treasurer under the direction of the Graduate Executive Committee.

ARTICLE VI.

PAYMENT OF BILLS.

All bills shall be presented to the Graduate Executive Committee for auditing. In case of approval the chairman shall affix his signature, with date, which shall be an order upon the Secretary-Treasurer to pay.

RULES FOR AWARDING THE SPALDING TROPHY:

1. The trophy shall be competed for annually at the championship meeting of the W. I. A. A. A. from 1895 to 1903, inclusive, and shall become the permanent property of the college which shall win a plurality of the nine annual contests.

2. The following shall be the method for counting in deciding the winning college annually: First place shall count 5 points, second place shall count 3 points, and third place shall count 1 point. The college whose students win the largest total of points on the above basis shall be winners for that year, and the name of the college, together with the number of points scored, shall be engraved upon the trophy.

3. The Graduate Executive Committee of the W. I. A. A. A. is appointed trustee of the trophy.

4. The trophy shall be delivered to the winning college each year within ten days after the games of said year; said winning college, through proper representatives, shall furnish a bond to the Secretary-Treasurer of the Association in the sum of \$250, conditioned on the return of the trophy in good order not later than the first day of May of the year succeeding the winning of the cup, said bond to be signed by at least one member of the faculty of said winning college. On the said first day of May the trophy shall be returned to the Graduate Executive Committee, and shall be held by them until the championship games.

5. In the case of two or more colleges scoring an equal number of points, then, if one of those colleges shall have been champion for the previous year, that college shall continue to hold the championship and trophy for the ensuing year.

6. In the case of two or more colleges scoring an equal

number of points, if neither of those colleges shall have been champion for the previous year, then the championship shall be held in abeyance for the ensuing year, and merely the names of the colleges that make the tie shall be inscribed on the trophy, and the trophy shall be kept for the year by the Graduate Executive Committee.

RULES OF ELIGIBILITY.

RULE I.

No person shall be allowed to compete at any athletic meet of this Association who is not an amateur as set forth in Rule II. of these RULES OF ELIGIBILITY.

RULE II.

DEFINITION OF AN AMATEUR.

An amateur is a person who has never competed in an open competition, or for money, or under a false name, or with a professional for a prize, or with a professional where gate money is charged, nor has ever at any time taught, pursued, or assisted at athletic exercises for money, or for any valuable consideration. But nothing in this definition shall be construed to prohibit the competition between amateurs for medals, cups, or other prizes than money. And it is hereby expressly declared that this definition is retroactive.

To prevent any misunderstanding in reading the above, the Association draws attention to the following explanations and adjudications:

An athlete has forfeited his right to compete as an amateur, and has thereby become a professional, by—

(a) Ever having competed in an open competition of any sort of athletic exercise—*i. e.*, a competition the entries to which are open to all, irrespective as to whether the competitors are amateurs or professionals, and whether such competition be for a prize or not.

(b) Ever having competed for money in any athletic exercise.

(c) Ever having competed under a false name in any athletic exercise.

(d) Ever having knowingly competed with a professional for a prize, or where gate money is charged, in any athletic exercise.

(e) Ever having taught or pursued as a means of livelihood any athletic exercise.

(f) Ever having directly or indirectly accepted or received remuneration for engaging in any athletic exercise.

An athlete shall hereafter forfeit his right to compete as an amateur, and shall thereby become a professional, if, at any time, he shall—

(a) Directly or indirectly receive payment for training or coaching any other person in any athletic exercise.

(b) Directly or indirectly receive payment for services personally rendered in teaching any athletic exercise.

(c) Directly or indirectly receive payment for services rendered as Referee, Judge, Umpire, Scorer, Manager, Director, or in any other capacity at any professional or amateur exhibition or contest of any athletic exercise whatsoever.

Note.—Nothing herein shall be construed to prohibit the acceptance by any amateur of his necessary traveling expenses incurred as Referee, Judge, Umpire, Scorer, or Starter, in going to and from the place of any amateur contest.

Directly or indirectly run, manage or direct, for prospective profit, any professional exhibition or contest.

An amateur shall not forfeit his right to compete as an amateur, and shall not become a professional, by—

(a) Receiving compensation for services rendered as ticket-taker or ticket-seller at any contest or exhibition of amateur athletics.

(b) Receiving compensation for services personally rendered as Secretary, Treasurer, Manager, or Superintendent of any amateur athletic club.

(c) Receiving compensation as editor, correspondent, or reporter of, or contributor to, any sporting, athletic, or other paper or periodical.

(d) Running, managing, or directing, for prospective profit, any sporting, athletic, or other paper or periodical.

(e) Receiving compensation for services personally ren-

dered as official handicapper, under the direction and authority of any amateur athletic association.

(f) Receiving from a club of which he shall be a member, the amount of his expenses necessarily incurred in traveling to and from the place of any amateur contest.

(g) Nothing in this rule shall be construed so as to consider a man a professional who has played on a college team against a professional.

RULE III.

FOUR-YEAR LIMIT.

A person shall be allowed to compete in four Championship Meets, and no more.

RULE IV.

RESIDENCE.

No person shall be allowed to compete at the Championship Games as the representative of different members of the Association in immediately successive years unless he shall have taken a Bachelor's degree in the meantime. (For example, an undergraduate who has competed as the representative of a certain member of the Association at the Championship Games of 1898 shall not be permitted to appear as the representative of any other member of the Association before the games of 1900, and then only if he shall not have competed at the Games of 1899 except as provided above.)

RULE V.

STUDENT QUALIFICATIONS.

SECTION I. No person shall be allowed to compete at the Championship Games who has not been a student in good and regular standing at the college or university he represents since the 15th of the preceding January. In case a competitor's qualifications as to such regular attendance are questioned, he shall file with the Secretary-Treasurer, as directed in Article II. of the By-Laws, a certificate signed by three members of the faculty of the college or university he represents, stating that he regu-

larly performs university work amounting to at least eight hours a week, and has done so since the 15th of the preceding January; and such certificate shall be conclusive.

SEC. 2. No student, graduate or undergraduate shall be allowed to compete at the Championship Games as the representative of an institution from which he receives compensation for regular instruction.

RULES OF THE CHAMPIONSHIP GAMES.

RULE I.

ORDER OF EVENTS.

The order of events at the Championship Games shall be as follows:

TRACK EVENTS.

1. 120 yards hurdle race, trial heats.
2. 100 yards run, trial heats.
3. 1 mile run.
4. 440 yards run, trial heats.
5. 1 mile bicycle race, trial heats.
6. 100 yards run, final heat.
7. 120 yards hurdle race, final heat.
8. One lap bicycle race, trial heats.
9. 440 yards run, final heat.
10. 220 yards run, trial heats.
11. 1 mile bicycle race, final heat.
12. 220 yards hurdle race, trial heats.
13. 880 yards run.
14. One lap bicycle race, final heat.
15. 220 yards run, final heat.
16. 1 mile walk.
17. 220 yards hurdle race, final heat.

FIELD EVENTS.

1. Discus throw.
2. Running high jump.
3. Putting the 16-lb. shot.
4. Running broad jump.
5. Throwing the 16-lb. hammer.
6. Pole-vault.

RULE II.

CHAMPIONSHIP.

SECTION 1. That member shall be champion which shall score a plurality of points at the Championship Games.

SEC. 2. Points shall be counted as follows: The first place in each event shall count five points, the second place

in each event shall count three points, the third place in each event shall count one point. In case of a tie in any place the points shall be divided.

SEC. 3. In the case of two or more members scoring an equal number of points, then if one of these members shall have been champion for the previous year, that member shall continue to hold the championship for the ensuing year.

SEC. 4. But in case the champion of the previous year be not of those members described in Sec. 3 of this Rule, and that two or more members shall score an equal number of points, then for the ensuing year the championship shall be held in abeyance.

ATHLETIC RULES.

RULE I.

OFFICIALS.

SECTION I. All meetings must be under the direction of:

The Graduate Executive Committee,
One Referee,
Two or more Inspectors,
Three or more Field Judges,
Three Judges at finish,
Three or more Timekeepers,
One Judge of Walking,
One Starter,
One Clerk of the Course,
One Scorer,
One Marshal.

SEC. 2. If deemed necessary, assistants may be provided for the Judge of Walking, the Clerk of the Course, the Scorer and the Marshal, and an Official Announcer may be appointed.

RULE II.

THE GRADUATE EXECUTIVE COMMITTEE

in all meetings must be constituted, have the jurisdiction and perform the duties as prescribed in the Constitution and By-Laws of the Association.

This Committee shall have jurisdiction of all matters not assigned by these rules to the Referee or other games officials.

RULE III.

THE REFEREE

must decide all questions relating to the actual conduct of the meeting, whose final settlement is not otherwise covered by these rules.

He alone must have the power to change the order of events as laid down in the official programme, and to add

to or to alter the announced arrangement of heats in any event. A Referee has no authority, after heats have been drawn and published in a programme, to transfer a contestant from one heat to another.

When in any but the final heat of a race a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional, and shall also have the power to allow the hindered competitor to start in the next round of heats, just as if he had been placed in his trial.

When in a final heat a claim of foul or interference is made he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional, or due to his carelessness or conduct, and he shall also have the power to order a new race between such of the competitors as he thinks entitled to such a privilege.

If, during any athletic contest under the rules of the W. I. A. A. A. a competitor shall conduct himself in a manner unbecoming a gentleman or offensive to the officials, spectators or competitors, the Referee shall have the power to disqualify him from further competition at the meeting; and if he thinks the offence worthy of additional punishment, must promptly make a detailed statement of the facts to the Graduate Executive Committee of the Association.

RULE IV.

THE INSPECTORS.

It shall be the duty of an Inspector to stand at such point as the Referee may designate; to watch the competition closely, and in case of a claim of foul to report to the Referee what he saw of the incident.

Such Inspectors are merely assistants to the Referee, to whom they must report, and have no power to make any decision.

RULE V.

THE JUDGES AT FINISH

must determine the order of finishing of contestants, and

must arrange among themselves as to noting the winner, second, third, fourth, etc., as the case may require, and there must always be two judges whose duty must be to choose the winner.

Their decision in this respect must be without appeal, and in case of disagreement a majority must govern.

RULE VI.

THE FIELD JUDGES

must make an accurate measurement and keep a tally of all trials of competitors in the high and broad jumps, the pole-vaults, and the weight competitions.

They must act as judges in these events, and their decisions must likewise be without appeal. In case of disagreement a majority must govern. There must be at least three judges for every event.

RULE VII.

THE TIMEKEEPERS

must be three in number and must individually time all events where time record is called for. At the conclusion of each heat each timekeeper must present his watch to the Referee for inspection, and he must decide the official time. Should two of three watches mark the same time and the third disagree, the time marked by said two watches must be accepted. Should all three disagree, the time marked by the intermediate watch must be accepted.

The *Flash* of the pistol must denote the actual time of starting.

If, for any reason, only two watches are held on an event, and they fail to agree, the longer time of the two must be accepted.

Note.—For record, however, three watches must be held on an event.

RULE VIII.

THE STARTER

must have sole jurisdiction over the competitors after the

clerk of the course has properly placed them in their positions for the start.

The method of starting must be by pistol report, except that in time handicap races the word "go" must be used.

An actual start must not be effected until the pistol has been *purposely* discharged after the competitors have been warned to get ready.

In case the pistol was not purposely discharged the competitors shall be called back by the starter by pistol fire. (NOTE.—The starter must have at least two good cartridges in his pistol before starting a heat.)

When any part of the person of a competitor touches the ground in front of his mark before the starting signal is given, it must be considered a false start.

Penalties for false starting must be inflicted by the Starter, as follows:

In all races up to and including 125 yards the competitor must be put back one yard for the first and another yard for the second attempt; in races over 125 yards and including 300 yards, two yards for the first and two more for the second attempt; in races over 300 yards and including 600 yards, three yards for the first and three more for the second attempt; in races over 600 yards and including 1,000 yards, four yards for the first and four more for the second attempt; in races over 1,000 yards and including one mile, five yards for the first and five more for the second attempt; in all races over one mile, ten yards for the first and ten more for the second attempt.

In all cases the third false start must prevent his competing in that event.

The Starter must rule out of that event any competitor who attempts to advance himself from his mark, as prescribed in the official programme, after he has given the warning to "get ready."

RULE IX.

THE CLERK OF THE COURSE

must be provided with the names and the numbers of all

entered competitors, and he must notify them to appear at the starting line before the start in each event in which they are entered.

RULE X.

THE JUDGE OF WALKING

must have sole power to determine the fairness or unfairness of walking, and his rulings thereon must be final and without appeal.

He must caution any competitor whenever walking unfairly; the third caution to disqualify, except that he must immediately disqualify any competitor when walking unfairly during the last 220 yards of a race.

He must control his assistants, and assign to them such of his duties as he may deem proper.

RULE XI.

THE SCORER

must record the order in which each competitor finishes his event, together with the time furnished by the Referee.

He must keep a tally of the laps made by each competitor in races covering more than one lap, and must announce by means of a bell or otherwise when the leading man enters the last lap.

He must draw up a list of the actual competitors in each event, which shall be filed with the papers of the Association, and shall be the official record of competing entrants, and shall be final evidence in the enforcement of Rule III. of the Rules of Eligibility.

He must control his assistants, and assign to them such of his duties as he may deem proper.

RULE XII.

THE MARSHAL

must have full police charge of the enclosure, and must prevent any but officials and actual competitors from entering or remaining therein.

He must control his assistants, and assign to them their duties.

RULE XIII.

THE OFFICIAL ANNOUNCER

must receive from the Scorer and Field Judges the result of each event, and announce the same by voice, or by means of a bulletin board.

RULE XIV.

COMPETITORS

must report to the Clerk of the Course immediately upon their arrival at the place of meeting, and must be provided by that official with their proper numbers, which must be worn conspicuously by the competitors when competing, and without which they must not be allowed to start.

Each competitor must inform himself of the time of starting, and must be promptly at the starting point of each competition in which he is entered, and there report to the Clerk of the Course.

Under no condition shall any attendants be allowed to accompany competitors at the start or during any competition.

RULE XV.

TRACK MEASUREMENT.

All distances run or walked must be measured upon a line eighteen inches outward from the inner edge of the track, except that in races on straightaway tracks the distance must be measured in a direct line from the starting mark to the finishing line.

RULE XVI.

THE COURSE.

Each competitor must keep in his respective position from start to finish in all races on straightaway tracks, and in all races on tracks with one or more turns he must not cross to the inner edge of the track, except when he is at least six feet in advance of his nearest competitor. After turning the last corner into the straight in any race, each

competitor must run a straight course to the finish line, and must not cross to either the outside or inside from such straight course.

In all championship races of the W. I. A. A. A. up to and including 220 yards, each competitor must have a separate course marked out and measured, whether races are run straightaway or with turns.

The Referee must disqualify from that event any competitor who wilfully pushes against, impedes, crosses the course of, or in any way interferes with another competitor.

The Referee must disqualify from further participation in the games any contestant competing to lose, to coach, or to in any way impede the chances of another competitor either in a trial or final contest.

RULE XVII.

THE FINISH

of the course must be represented by a line between two finishing posts, drawn across and at right angles to the sides of the track, and three feet above which line must be placed a tape attached at either end to the finishing posts. A finish must be counted when any part of the winner's body, except his hands or arms, touches the tape at the finish line. The tape must be considered the finishing line for the winner, but their order of finishing across the track line must determine the positions of the other competitors.

RULE XVIII.

HURDLES.

In the 120 yards hurdle race ten hurdles must be used, each hurdle to be three feet six inches high. They must be placed ten yards apart, with the first hurdle fifteen yards distant from the starting point, and the last hurdle fifteen yards before the finishing line.

In the 220 yards hurdle race ten hurdles must be used,

each hurdle to be two feet six inches high. They must be placed twenty yards apart, with the first hurdle twenty yards distant from the starting mark, and the last hurdle twenty yards before the finishing line.

In making a record it must be necessary for the competitor to jump every hurdle in its proper position.

In all championship hurdle races of the W. I. A. A. A., up to and including 220 yards, each competitor must have a separate course and hurdles marked out and measured, whether races are run straightaway or with turns.

RULE XIX.

JUMPING.

SECTION 1. A fair jump must be one that is made without the assistance of weights, diving, somersaults, or hand-springs of any kind.

In scratch events competitors must jump in order as placed on the programme.

SEC. 2. The Running High Jump. The Field Judges must decide the height at which the jump shall commence, and must regulate the succeeding elevations.

Each competitor must be allowed three trial jumps at each height, and if on the third trial he shall fail he must be declared out of the competition.

Competitors must jump in order, as provided in Section 1, then those failing, if any, must have their second trial jump in a like order, after which those having failed twice must make their third trial jump.

The jump must be made over a bar resting on pins projecting not more than three inches from the uprights, and when this bar is removed from its place by the competitor then trying it must be counted as a trial jump.

Running under the bar in making an attempt to jump must be counted as a "balk," and three successive "balks" must be counted as a trial jump.

The distance of the run before the jump must be unlimited. A competitor may decline to jump at any height in his turn, and by so doing forfeits his right to again jump at the height declined.

SEC. 4. The Running Broad Jump. When jumped on earth a joist five inches wide must be sunk flush with it. The outer edge of this joist must be called the scratch line, and the measurement of all jumps must be made from it at right angles to the nearest break in the ground made by any part of the person of the competitor.

In front of the scratch line the ground must be removed to the depth of three and the width of twelve inches outward.

A foul jump must be one where the competitor, in jumping off the scratch line, makes a mark on the ground immediately in front of it, or runs over the line without jumping, and must count as a trial jump without result.

Each competitor must have three trial jumps, and the best three must each have three more trial jumps.

The competition must be decided by the best of all the trial jumps of the competitors.

The distance of the run before the scratch line must be unlimited.

SEC. 5. The Pole Vault. Poles must be furnished by the club giving the games, but contestants may use their private poles if they so desire, and no contestant shall be allowed to use any of these private poles except by the consent of their owners. The poles must be unlimited as to size and weight, but must have no assisting devices, except that they may be wrapped or covered with any substance (to obtain a firmer grasp), and must have but one prong at the end.

No competitor shall, during his vault, raise the hand which was uppermost when he left the ground to a higher point of the pole, nor shall he raise the hand which was undermost when he left the ground to any point on the pole above the other hand.

The rules governing the Running High Jump must also govern the Pole Vault for height, *except that when the man leaves the ground in an attempt, it shall be counted a trial.*

RULE XX.

PUTTING THE SHOT.

The shot must be a solid sphere made of metal, and must weigh 16 lbs.

It must be put with one hand, and in making the attempt it must be above and not behind the shoulder.

The competitor must stand in a circle seven feet in diameter. The circumference of this circle must be divided into two halves by a line drawn through it. On four feet of the front half of the circumference a board four inches high must be placed, the ends of which must be equally distant from the intersection of this line with the circumference, and at which the competitor may stand when the shot leaves his hand.

A fair put shall be one where no part of the person of the competitor touches in front of the circle, or on the board, in making the attempt.

A put must be counted as foul if the competitor steps over the front half of the circle or on the board. A competitor must leave the circle by the rear half. Leaving by the front half must be declared a foul put.

The measurement of all puts must be made from the nearest mark made by the shot to a point on the circumference of the circle, on a line with the object mark and the centre of the circle.

Foul puts and letting go the shot in making an attempt must be counted as trial puts without result.

A board similar to the one in front may be used at the back of the circle.

The order of competing and number of trials shall be the same as for the Running Broad Jump. Shots must be furnished by the Graduate Executive Committee. Any

contestant may use his private shot, if correct in weight and shape; in which case the other contestants must also be allowed to use it if they wish.

RULE XXI.

THROWING THE HAMMER.

The head and handle may be of any size, shape and material, provided that the length of the complete implement must not be more than four feet and its weight not less than 16 lbs.

All throws shall be made from a circle seven feet in diameter, and this circle shall be *considered as* divided into two halves by a line drawn through its centre *at right angles to the direction of the throw*.

A fair throw must be one where no part of the person of the competitor shall touch outside or on the circle in making the attempt.

Foul throws and letting go of the hammer in an attempt must count as trial throws.

The measurement of all throws must be made from the nearest mark made by the head of the hammer to a point on the circumference of the circle, on a line with the object mark and the centre of the circle.

The order of competing and number of trials must be the same as for the Running Broad Jump. Hammers must be furnished by the Graduate Executive Committee. Any contestant may use his private hammer, if correct in weight and length, and no contestant shall be allowed to use these private hammers except by consent of the owner.

RULE XXII.

THROWING THE DISCUS.

The discus shall be made of *smooth*, hard wood body, *without finger-holes*, weighted in centre with lead discs and capped with polished brass discs, with steel ring on the outside. The weight of the discus shall be four and

one-half ($4\frac{1}{2}$) pounds; outside diameter, eight (8) inches; thickness in centre, two (2) inches.

All throws shall be made from a *seven (7) foot circle, with four-foot step-board, and similar in all respects to the circle for putting the shot.* In making his throws a competitor may assume any position he chooses. Foul throws and letting go the *discus* in attempts shall count as trials without result. A fair throw shall be one in which no part of the person of the competitor touches the ground outside the *front half of the circle*, and the competitor leaves the *circle* by its rear half. A throw shall be foul if any part of the person touches the ground outside the front half of the *circle* before the throw is measured.

A *discus* shall be furnished by the Graduate Executive Committee. Any contestant may use his private *discus*, if correct in weight and shape, in which case the other contestants must also be allowed to use it if they wish.

The measurement of each throw shall be made from the nearest mark made by the fall of the discus to the circumference of the circle on a line from the mark made by the discus to the centre of the circle.

RULE XXIII.

BICYCLING.

The drawing for position in each event shall be done by the Graduate Executive Committee, and the positions of the men shall appear on the programme. When two or more riders make a dead heat of any final or a dead heat for second or third place, they may decide by lot who shall take the place, or may again ride the distance, at the discretion of the referee.

All starts shall be from the inside of the track and from a stand-still, with the left hand toward the curb, and the machines shall be held in position by an attendant (the front wheel touching the starting line) until the signal is given by the starter. Attendants, when pushing off com-

petitors, must keep behind the mark from which the competitors actually start. Should any part of the attendant touch the track in front of the mark, the competitor may be disqualified.

The finish of all races shall be judged by the first part of the front wheel which touches the tape fastened flat on the ground at the winning post.

Riders shall pass on the outside (unless the man passed be dismounted), and must be at least a clear length of the cycle in front before taking the inside; but on entering the homestretch in the last lap of a race, the foremost rider or riders must keep to that part of the track first selected, or be liable to disqualification; and the hindmost rider or riders, when there is sufficient room to pass on the inside or anywhere on the homestretch without interfering with others, shall be allowed to do so, and any rider interfering to prevent him or them from so passing, shall be disqualified. If a rider, in attempting to pass another on the homestretch, should at any time cross or swerve so as to impede the progress of another rider, he shall be disqualified. A rider shall not change from the inner to the outside of the track during any part of a race when another rider is so near that in altering his position he interferes with or impedes the progress of the rider. No rider shall touch another. In any race wherein there shall be a violation of these restrictions, the offending rider shall be disqualified and debarred from any place or prize.

RECORDS OF MEETS OF 1895, 1896, 1897.

100 YARDS RUN.

James H. Maybury, Wisconsin.....9 4-5s.

220 YARDS RUN.

James H. Maybury, Wisconsin.....21 2-5s.

440 YARDS RUN.

W. E. Hodgman, Michigan.....50 3-5s.

880 YARDS RUN.

L. R. Palmer, Grinnell.....1m. 59 4-5s.

ONE MILE RUN.

H. B. Cragin, Lake Forest.....4m. 33s.

ONE MILE WALK.

F. S. Bunnell, Minnesota.....7m. 26s.

120 YARDS HURDLES.

John R. Richards, Wisconsin.....15 4-5s.

220 YARDS HURDLES.

Alvan Kraenzlein, Wisconsin.....25 3-5s.

ONE MILE BICYCLE.

P. H. Burton, Minnesota.....2m. 25s.

RUNNING HIGH JUMP.

A. C. Clark, Illinois.....5 ft. 9 in.

Alvan Kraenzlein, Wisconsin.....5 ft. 9 in.

RUNNING BROAD JUMP.

James A. Leroy, Michigan.....22 ft. 7½ in.

PUTTING 16-POUND SHOT.

H. T. Cochems, Wisconsin.....40 ft. 11½ in.

16-POUND HAMMER THROW.

R. W. Edgren, California.....123 ft. 9½ in.

POLE VAULT.

A. H. Culver, Northwestern.....11 ft.

DETAILED RECORDS.

MEET, JUNE 1, 1895.

- 100 yards—1. J. V. Crum, University of Iowa, time, 10s.; 2. D. A. Stewart, St. Albans; 3. J. V. Scoggins, California.
- 220 yards—1. J. V. Crum, University of Iowa, time, 22s.; 2. J. H. Maybury, Wisconsin; 3. Bullard, Illinois.
- 440 yards—1. W. E. Hodgman, Michigan, time, 50 3-5s.; 2. R. L. Whitney, Grinnell; 3. T. L. Barnes, California.
- 880 yards—1. L. R. Palmer, Grinnell, time, 1m. 59 4-5s.; 2. F. W. Koch, California; 3. B. D. Horton, Michigan.
- 1 mile Run—1. J. P. Clyde, Grinnell, time, 4m. 36 2-5s.; 2. L. R. Palmer, Grinnell; 3. H. B. Cragin, Jr., Lake Forest.
- 1 mile Walk—1. L. Merwin, California, time, 7m. 31 2-5s.; 2. F. Johnson, Chicago; 3. F. Gundlach, Northwestern.
- 1 mile Bicycle—1. C. V. Bachele, Chicago, time, 2m. 46s.; 2. Hall, Illinois; 3. W. B. Moore, Northwestern.
- 120 yard Hurdles—1. E. I. Dyer, California, time, 16 3-5s.; 2. J. R. Richards, Wisconsin; 3. H. B. Torrey, California.
- 220 yard Hurdles—1. H. B. Torrey, California, time, 27 1-5s.; 2. E. I. Dyer, California; 3. J. R. Richards, Wisconsin.
- Pole Vault—1. A. H. Culver, Northwestern; 2. ¹C. B. Herschberger, Chicago, 10 ft. 6 in.; 3. J. A. Jackson, Lake Forest, 10 ft. 6 in.
- High Jump—1. A. C. Clark, Illinois, 5 ft. 9 in.; 2. F. W. Koch, California, 5 ft. 8 in.; 3. A. R. Washington, Center, 5 ft. 7 in.
- Broad Jump—1. ²C. N. Woolsey, California, 21 ft. 9 in.; 2. A. Lees, Wisconsin, 20 ft. 2½ in.; 3.
- Throwing Hammer—1. R. W. Edgren, California, 123 ft. 9½ in.; 2. L. H. Fouts, Illinois, 110 ft. 9 in.; 3³.
- Putting Shot—1. ⁴H. F. Cochems, Wisconsin, 38 ft. 10½ in.; 2. D. Sweeney, Illinois, 38 ft. 1 in.; 3.
- ¹Herschberger and Jackson tied at 10 ft. 6 in., Herschberger winning on toss-up.
- ²J. A. Leroy, Michigan, won first place with a jump of 22 ft. 7 in., but was disqualified for professionalism. He was afterward reinstated, and this jump accepted as record.
- ³F. M. Hall, Michigan, won third place with a throw of 101 ft. 6½ in., but was disqualified for professionalism.
- ⁴F. M. Hall, Michigan, won first place with a put of 44 ft. ¾ in., but was disqualified for professionalism.

JUNE 6, 1896.

- 100 yards—1. J. H. Maybury, Wisconsin, time, 10s.; 2. J. H. Rush, Grinnell; 3. A. B. Potter, Northwestern.

- 220 yards—1. J. H. Maybury, Wisconsin, time, 22 2-5s.; 2. J. H. Rush, Grinnell; 3. A. B. Potter, Northwestern.
- 440 yards—1. J. H. Rush, Grinnell, time, 50 4-5s.; 2. G. F. Downer, Wisconsin; 3. D. H. Jackson, Lake Forest.
- 880 yards—1. H. B. Cragin, Jr., Lake Forest, time, 2m. 5 2-5s.; 2. J. L. Fellows, Grinnell; 3. F. H. Calhoun, Chicago.
- 1 mile—1. H. B. Cragin, Jr., Lake Forest, time, 4m. 33s.; 2. L. R. Palmer, Grinnell; 3. J. L. Fellows, Grinnell.
- 1 mile Walk—1. F. Bunnell, Minnesota, time, 7m. 31 1-5s.; 2. E. T. Gundlach, Chicago; 3. F. B. Peterson, Chicago.
- 1 mile Bicycle—1. P. H. Burton, Minnesota, time, 2m. 37 2-5s.; 2. E. W. Peabody, Chicago; 3. F. E. Spaulding, Grinnell.
- 120 yard Hurdles—1. J. R. Richards, Wisconsin, time, 16 2-5s.; 2. J. J. Jackson, Lake Forest; 3. R. F. Schuchardt, Wisconsin.
- 220 yard Hurdles—1. J. R. Richards, Wisconsin, time, 27 3-5s.; 2. C. W. Clark, Grinnell; 3. R. F. Schuchardt, Wisconsin.
- Pole Vault—1. R. E. Wilson, Northwestern, 10 ft. 6 in.; 2. C. B. Herschberger, Chicago, 10 ft. 3 in.; 3. H. Coffeen, Illinois, 9 ft. 9 in.
- High Jump—1. J. H. Liegler, Wisconsin, 5 ft. 7 in.; 2. M. Mason, Wisconsin, 5 ft. 6 in.; 3. W. Frame, Wisconsin, 5 ft. 5 in.
- Broad Jump—1. Carr B. Neel, Chicago, 20 ft. 9 in.; 2. E. R. Perry, Northwestern, 20 ft. 8½ in.; 3. H. Frame, Wisconsin, 20 ft. 1¼ in.
- Throwing Hammer—1. H. F. Cochems, Wisconsin, 113 ft. 3 in.; 2. F. W. Van Oven, Illinois, 111 ft.; 3. T. W. Lee, Lake Forest, 103 ft. 5 ½ in.
- Putting Shot—1. H. F. Cochems, Wisconsin, 38 ft. 9½ in.; 2. G. A. E. Finlayson, Minnesota, 37 ft. 7 in.; 3. E. V. Williamson, Chicago, 35 ft. 7 in.

JUNE 5, 1897.

- 100 yards—1. J. H. Maybury, Wisconsin, time, 9 4-5s.; 2. C. L. Burroughs, Chicago; 3. A. B. Potter, Northwestern.
- 220 yards—1. J. H. Maybury, Wisconsin, time, 21 2-5s.; 2. C. L. Burroughs, Chicago; 3. C. T. Stevenson, Minnesota.
- 440 yards—1. W. F. Jackson, Lake Forest, time, 51 1-5s.; 2. E. T. Fox, Wisconsin; 3. R. W. Mills, Illinois.
- 880 yards—1. W. D. Brennan, Minnesota, time, 2m. 6 2-5s.; 2. G. L. White, Chicago; 3. J. L. Fellows, Grinnell.
- 1 mile Run—1. E. Copeland, Wisconsin, time, 4m. 38 2-5s.; 2. J. B. Wood, Michigan; 3. J. L. Fellows, Grinnell.
- 1 mile Walk—1. F. S. Bunnell, Minnesota, time, 7m. 26s.; 2. J. K. Hoagland, Illinois; 3. C. S. Tryon, Michigan.
- 1 mile Bicycle—1. B. E. Bush, Michigan, time, 2m. 36 1-5s.; 2. H. Taylor, Wisconsin; 3. L. Turner, Michigan.

- 120 yard Hurdles—1. J. R. Richards, Wisconsin, time, 15 4-5s.; 2. J. F. McLean, Michigan; 3. W. R. Armstrong, Grinnell.
- 220 yard Hurdles—1. A. Kraenzlein, Wisconsin, time, 25 3-5s.; 2. C. Chubb, Michigan; 3. J. R. Richards, Wisconsin.
- Pole Vault—1. C. S. Dole, Leland Stanford, Jr., 10 ft. 6½ in.; 2. C. B. Herschberger, Chicago, 10 ft. 3½ in.; 3. H. C. Coffeen, Illinois, 10 ft.
- High Jump—1. A. Kraenzlein, Wisconsin, 5 ft. 9 in.; 2. P. H. Vernon, Michigan, 5 ft. 8 in.; 3. E. Waller, Wisconsin, 5 ft. 7 in.
- Broad Jump—1. C. S. Dole, Leland Stanford, Jr., 21 ft. 3½ in.; 2. E. C. Gaines, Minnesota, 20 ft. 11 in.; 3. C. Brewer, Wisconsin, 20 ft. 10 in.
- Throwing Hammer—1. F. W. Von Oven, Illinois, 122 ft. ½ in.; 2. H. F. Cochems, Wisconsin, 113 ft. 1¾ in.; 3. C. D. Enochs, Illinois, 111 ft. 8 in.
- Putting Shot—1. H. F. Cochems, Wisconsin, 40 ft. 11½ in.; 2. B. F. Roller, De Pauw, 38 ft. 3½ in.; 3. C. S. Dole, Leland Stanford, Jr., 36 ft. 11½ in.

ARTICLES OF ALLIANCE WITH A. A. U.

I. At all meetings of the Amateur Athletic Union the Western Intercollegiate Amateur Athletic Association shall be entitled to representation by not more than four delegates, or duly elected alternates of such delegates, having, collectively, one vote.

II. From among these delegates one shall be chosen to become a member of the Board of Governors of the Amateur Athletic Union, who shall have voice, vote and privilege equal to the other members of said Board upon all matters coming before it.

III. All games open only to members of the Western Intercollegiate Amateur Athletic Association shall be held under Western Intercollegiate Amateur Athletic Association rules; but games open to all amateurs shall be held under rules of the Amateur Athletic Union.

IV. Each party to this Alliance shall respect and enforce all penalties of suspension and disqualification inflicted by the other party.

V. These Articles of Alliance may be terminated by either party upon thirty days' notice to the other.



John V. Crum.

Obituary.

It has seemed wholly fitting that upon the occasion of printing this official publication of the W. I. A. A. A. the Association should pay a tribute to the memory of one of its best known representatives, one to whose life's record the Association will always gladly look as exemplifying the highest type of Western college athlete.

Dr. Pickard, of Iowa City, who knew John Van Fleet Crum from his earliest boyhood, has kindly furnished the material for the appended sketch of his life and influence.

The death of Crum, in May, 1897, was deeply felt throughout the athletic world. It will be a pleasure for college men to find in these words of tribute of the venerable Dr. Pickard evidence of the same generous, modest and manly character whose beneficent influence was felt by every man whose good fortune it was to know John Crum.

John V. Crum.

Five years ago the University of Iowa was known to but few of the athletic world outside the State.

Many young men within its halls possessed vigor by inheritance and well-preserved bodily powers by right living. Slight attention had been paid to field sports until the building of a gymnasium and an athletic field gave an opportunity for systematic physical exercise.

As the young men became conscious of their own power

their ambition was aroused. Loyalty to the University moved them to participation with other institutions in contests of skill. They needed a leader. He was at hand in the person of

JOHN VAN FLEET CRUM.

He was in all respects worthy the following which was given him. Of medium stature, of form finely developed, of modest demeanor, of genial disposition, with a kind word for everyone, young Crum held sway over his fellows in the athletic field. No one could be in his presence without feeling a determination to bring his physical powers to the highest standard possible of attainment.

His utter abhorrence of anything bordering upon deception or trickery, his manly treatment of opponents in contests, won for him the esteem of all with whom he came in contact. He placed honor above success and won the latter in the use of honorable means. He always claimed to be an amateur athlete, and put forth every effort in the support of pure amateurism in all college sports. His student life had for its end a literary career, and athletics were subordinated to study.

His marked success as a sprinter won the attention of amateurs in other Western States. From his first effort at Chicago he bore away the laurels which he wore modestly and bore loyally under the "Old Gold" of the University of Iowa.

Eastern institutions of highest skill now longed to try a contest with the "Western Wonder." He gave them the opportunity, only to be charged with professionalism. This nearly crushed his spirit, as his constant support of amateur athletics had never been questioned by those who knew him best. He patiently bore the charge until his friends rallied to his support and entered the contest. He

felt his partial failure more on account of the University than for personal reasons.

The life of John V. Crum is ended, but his wholesome influence lives, and worthy young men are wearing his mantle.

A HANDBOOK
OF
TRACK AND FIELD
SPORTS

COMPRISING A SERIES OF ARTICLES UPON THE
SEPARATE EVENTS, ETC., OF THE WEST-
ERN INTERCOLLEGIATE
PROGRAMME.



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PREFACE.

Constant inquiries which have come to the Secretary of the Western Intercollegiate Amateur Athletic Association have shown the need of some definite source of reliable information concerning the best methods of training for the separate events on the official programme of the Association.

It was thought this need might be most effectively met, and work in track and field sports stimulated somewhat, by the compilation and publication of such a series of articles as are herein presented.

The cheerful readiness with which a request on behalf of the interests of Western College sports was met by the contributors to this collection of articles, is sure evidence of the firm hold which the betterment of College Athletics has upon the interest of her foremost Western exponents.

Nothing need be said of the personnel of the well-known athletes who are the writers of this work. Their names and records are familiar throughout the College world.

GENERAL TRAINING.

BY ED. W. ("DAD") MOULTON.

It is quite impossible to lay down any hard and fast rules to train by, as no two men need exactly the same amount of work, nor do we coach them alike, on account of disposition, build and ability to learn; but I will try and give a few ideas that may benefit those unable to secure a trainer.

First of all, choose that line of athletics that nature has most adapted you for, and one that you have a desire to excel in, and that which affords you a pleasure to practice; for training should be a pleasure, not a work of labor. Then, avoid overwork; rather train too little than too much. To be successful in any athletic line one must have patience and work up to it by degrees. In this way you avoid all dangers of injuries from your work, for when one is in good condition it is almost impossible to receive any harm from trials or contests; but perfect condition to stand a good gruelling.

Every one who starts training with a view of fitting himself for contests should receive a light shower or sponge bath and a thorough hand rubbing immediately after his work is done. I do not believe in too many baths—only often enough to keep clean—and never very cold water nor strong liniments, unless one is lame. Hand massage and a little goose oil will serve the best purpose for tired muscles. For strains and bruises I find hot water the best remedy. Flannels dipped in hot water and wrung out should be laid on the parts afflicted, and cover with dry towels; repeat as soon as cool till inflammation or pain subsides; then use your favorite liniment. Electricity properly applied to strains or bruises I often find beneficial.

In regard to diet, most athletes can eat about what they want, only use common sense the last few weeks. Before a field day or public contest I should say, avoid pastry and high seasoned dishes. If a light weight, you can use more



ED. W. ("DAD") MOULTON.

of a variety than one who is fleshy. However, the best results are obtained by avoiding mixtures and sticking to a plain diet. I should not advise stimulants in any form. Coffee but once a day—and rather weak tea and water are preferable. Pure milk may be needed at times by those who wish to build up. Never eat between meals; eat all you wish three times a day. Sleep and eat at regular hours—regularity in everything is the secret of athletic success. One must sleep, eat and exercise according to schedule. I combine the old and new schools. Instead of exercising before breakfast, as of old, simply get up at 7 or 7.30 o'clock, open your windows, draw a few long breaths, open the lungs by a few arm movements, dress and go to breakfast. Take your work at regular hours—the afternoon is preferable. You may miss some social pleasures, but I think the reward most always obtained is worth the sacrifice. You can go to places of amusement, but determine on a time for retiring and retire at that time. I do not mean one must retire so very early, but at a regular hour—it soon becomes a habit, and one sleeps the sounder. Train well or not at all; half training makes poor athletes and discourages athletics. Never break a training rule. Good habits formed while training often stick to us through life. Again, let me caution the ambitious athlete to commence work gradually. Always warm up by degrees. The sprinter should jog at least two weeks before going on the mark to practice starting, and then never go to the mark without a warm-up. Always practice starting by the report of a pistol and set firm and steady on the mark. The Australian, or crouch start, is preferable. Place your feet back of the mark, in such a position that you can drop the hips lower than the shoulders and look about 12 or 15 yards down the track. When the report comes, the hands are the first to leave the mark, the body gradually raising as you go forward. Wefers and Maybury have very much the same position on the mark.

The sprinter requires the finest training of all and is most liable to change in his trials—or go stale quick. Care should be used not to overwork. From four to seven shots from the mark per day, with a 20-yard spin each time and rest between and one trial per week is quite enough. Long-distance men jog much more, but should now and then have a bit of fast work, so that in a driving finish or brush on the backstretch they won't pump out so quick. Jumpers and hurdlers should never go their limit oftener than twice a week. Space will not allow an attempt to teach form here, but I am not so sure form always wins—it did not in low hurdles with Kraenzlein, and I am convinced he is as good at high hurdles as the low. No two men carry the same form exactly. I would say, practice form all you can. There is some excuse for you if you do not get it perfect or to suit all, but no excuse for not being in condition, and I prefer condition first of all. Shot putters and hammer throwers must be careful of overwork. The muscles of arms and shoulders should be warm and well rubbed before practice, and as soon as they find themselves a little off or erratic in their work should not try just once more to come up to their record, but quit for that day. The same remarks apply to pole vaulters. Never try very many vaults at one time. It's much harder work than it seems. The walkers need a lot of hard work and building up, as it is one of the hardest and most punishing events there is. The stomach especially must be well looked after for this event.

Cyclists as a rule ride too much. No one training for races or speed should ride on the road during training season after the first weeks of hardening up. All successful circuit riders ride on the streets or roads. A cyclist needs more of a massage rub-out than any other athlete. All his muscles must be kept soft and pliant; the trainer must knead them immediately after each mount. A quick, hot hip bath and goose oil will assist and often

work wonders. Work should be done twice a day; from three to four miles in the forenoon and four to five miles in the afternoon, for at least two weeks—three or four weeks is better. Then commence short sprints, always with the wind; increase the distance of sprinting by degrees; don't be in a hurry to find out how far you can carry your sprints. When you find you can sprint 300 yards and jump a bit near finish, then you are fit to give a good account of yourself. Headwork counts in races. If more than one is training together, change your pace, and after being in fair condition have two or three races a week among yourselves. Fight it out, the same as in a contest in all athletic work. Will power, gameness, self-denial, manly principles and temperance are the keys to success.



H. A. CORNISH.

THE MANAGEMENT OF MEETS.

BY H. S. CORNISH,

Director of Athletics, Knickerbocker A. C., New York.

In writing of the "management of an athletic meeting," I will take the one given by the Western Intercollegiate A. A. A. as an example.

At least ten weeks before the date of the meeting the events and their order should be determined by the Committee, or proper Board, the list of officials made out, the place of holding the meeting determined, the nature and cost of prizes settled upon, in fact, all preliminary details. At that time also, the sole management of the meeting from that moment should be given into the hands of one man, be he good or bad at the work. The next day after his appointment that man should see that some form of entry blank (if necessary), or some announcement of the meeting containing all preliminary information, is sent to every college which is liable to send entries or to be interested, or which is eligible or might be eligible to compete. He should send out invitations to the officials. In addition, obtain a list of all the newspapers within three hundred miles of Chicago (and this can be had from any large house making a business of placing advertising), and send one of these preliminary announcements to each paper. The intermediate newspaper work is something which the natural course of events will straighten out, but this afore-said manager should make it an absolute certainty that he favor no one paper, but have regular times for giving out his news, and give to all alike.

At least three weeks before the date of the meeting arrange definitely, and for good, with sufficient men to put the track and field in shape, and have them report on Monday morning of the week of the games, or earlier if necessary. Have these men remain at work all the week, including the day of the games. Four weeks before date of games have tickets printed and place them on sale at

prominent places, arranging to have them "settled for" on the morning of the games; engage a special man to do this before twelve o'clock, and have him at the grounds ready to sell the tickets there in the afternoon. Engage ticket takers at least two weeks before date of games. The same with ushers, if needed. Engage police the same.

The day after this manager is appointed he should look over the list of events and make a list of everything needed. This list would include: Yarn for finishes, four skeins; seven hundred yards of white line marking lanes for sprints; forty iron stakes, each eighteen inches long and five-sixteenths of an inch in diameter, sharpened at one end and with an eye at the other, for roping sprints; a separate set of finish posts, each four feet high, with a nail in the top, for each finish line (sometimes the finishes are different places); two separate sets of standards, one for pole, one for high jump; thirty or forty hurdles, whichever the track is large enough for; twelve crossbars, each three-quarters of an inch square and ten feet long, for pole and high jump; at least two poles, a shot and hammer, absolutely correct in weight and of latest design; a measuring rod for jump and pole; two chairs at pole standards for measurers to stand on when bar is high; two chairs on each side of finish line for officials to stand on, so all can see; two pieces of joist, each six feet long and five inches square, for running broad; a "steel" tape for measuring; an iron circle sunk in the ground for hammer; another circle whitewashed on ground, with toe board, for shot; numbers and pins for same, for contestants. If a programme with advertising is used, make some arrangement, the day after being appointed, if possible, or right away, anyhow.

Arrange to have whitewashed on morning of games for following: After the iron rods have been put down in their proper places for the sprints, daub the track at the bottom of each, so that, when it is taken up, the correct place to put it back is easily found (between the start of

the hundred and the next rod back of it in the 220, the lines should be cut so that they can be tied and used separately); a line across track at all starts and finishes; the take-off at the broad jump; outside the iron rim sunk in ground for hammer; shot circle and toe board; spots at side of track where hurdles should come. The manager should himself measure all courses with a steel tape, measuring each lane separately after the pegs are down, measuring each eighteen inches from its imaginary inside curb.

I may have missed many things, but if the above outlined work is done at the times stated and under the sole supervision of *one* person, that person will not have so much work as he might imagine, provided he attends to it in its proper time. It is just as easy to do things right as wrong, and whenever any Association begins to do their business in a business way, that moment can it hope for success and the support of the public.

It seems as though the above might be a good outline for any athletic meeting. I might add that the manager should send a personal communication to the captain of the track team of any and all colleges which are liable to be represented, asking for photographs and short sketches of the prominent men on each team. Urge upon them the necessity of them. Ask that they be in his hands not later than four weeks before date of meeting. These can be and will be used by the papers for preliminary stories of the games.

In the list of articles needed are some which cost money, require an expenditure, and which are generally neglected at games. The measuring rod, iron stakes, yarn, ropes for lanes, iron circle, toe board, shot and hammer, joist, steel tape, etc., will aggregate less than thirty-five dollars. They can be kept from year to year by the secretary of the Association, the same as he keeps his books and records, and their presence goes more toward making a successful meet than anything else in the whole affair. Don't permit the cost (or any other reason) to cause these to be omitted.



ED. W. MOULTON

J. H. MAYBURY.

THE 100 AND 220 YARD RUNS.

BY J. H. MAYBURY.

The idea seems to be quite prevalent among those interested in athletics that fast sprinters are born, not made. This is undoubtedly true in large measure, yet for my part I believe that conscientious training is the great factor in bringing forth a thoroughbred. For but few of our great sprinters have sprung forth upon the track and then maintained a high standard of work, even though endowed by nature with the gifts of Mercury, unless they had worked with themselves, and worked patiently and hard; worked mentally, morally and physically; in season and out of season; on season mentally and physically, out of season morally. Conscientious training takes an average sprinter of 11 seconds and turns out a 10 1-5 man; while for a man of marked ability, it finally places him in the front rank. On the other hand, take an 11 second man who does fretful training and gets discouraged because he does not become a crack-a-jack with three or four weeks' work; or take the born athlete who does a minimum of work in preparing for his races, and that only in season. In the case of the 11 second man he will never get out of that class, even though he keeps his ambition fired to fever heat all the time, or has lithographed his ambition with all kinds of finishes in which he figured most prominently. Again, in the case of the born athlete, he may win public favor, but I vouch it will be short lived, only long enough to turn his head; for, finding that he has speed, he will imagine he belongs to the so-called born athlete class, and all he must do to win is to run. He will not hesitate to tell you that a few days always puts him in shape. If you watch his career you will be surprised to find how soon he reaches the end of it; that shortly he lacks in endurance; that he is not a sure man and that he is unable to repeat. The golden rule of compensation is always at work in the career of an athlete and the one who does not observe it

will eventually suffer the humiliation of being called a "has-been," without a standing among the honored and retired athletes.

To the beginner let me say: Do not get discouraged if you do not get to be a champion in your first season. Some trifling defect may have hindered your development, which under care and work may be consciously worked out, and, much to your surprise, you will suddenly "spring a yard" or even more.

To attain the best results one must know and understand himself. This is true more particularly in sprinting than in any other event. That is, he must understand his mental and physical qualities perfectly, or have someone else who is competent to guide him show wherein he is strong and where weak. By competent person I mean a trainer in whom he can place confidence; one who realizes that there is some latitude allowed in preparing for the sprints; one who does not believe on fixed, rigid rule, and whose ideas are flexible. Again a good trainer is one who never outlines the same course of work for two men training side by side. For sprinters differ in shape, size and physical energy; then, too, we find them differing in their mental temperament and in their digestive peculiarities. I might advise athletes of my size, build and disposition by describing how I train, but so few are intimately acquainted with me that I fear it would be harmful to them.

There are some traits and practices that nearly all conscientious sprinters endeavor to develop and follow. It is conceded that in racing the mental faculties control the physical and a strong will combined with a sturdy determination to win is frequently the determining factor. Again and again have I in my own case, almost exhausted, when I did not feel as though there was an effort left in me, been forced on over the line to victory, because I was trained not to give up. The athlete must ever be watchful of himself, and he will thus learn to gain control of himself.

Another important consideration is regularity in habits of living. It is the very key-note of success. Let him eat, sleep, study, and exercise with the regularity consistent with nature. Serious errors are committed in dieting. The athlete has, perchance, read an article on training by a big, strong, mature athlete, an all-round champion, one who naturally avoids potatoes and conforms to a so-called "dry diet." For him the diet is proper, but for an athlete who is young, small, and not very strong it would result in a loss of weight if not sickness. The converse of this is equally true. Here again the athlete is referred to himself. It is essential for him to be strong and carry as much weight as possible, for in additional weight, up to the point where it becomes a burden, every ounce means stored-up energy, in a word—strength. The more strength he can exert in a race the better will be the result. Consequently, he should, as a rule, build up for strength. The athlete should learn to throw every bit of his energy into his race, should come out of his race with all of his forces expended. He does not need to reserve his strength as do the men in the long-distance runs. The most successful sprinters exhibit no spurt in the dashes; it is one continuous exertion; a natural straining of every muscle in perfect action.

Some men are nervous when they come to the scratch, especially beginners. To remedy this the runner should keep his mind only upon the starter; should listen for the report which is to start him down the track. Remember, "a race is never won until it has been run." Keep everything else out of mind, and when the pistol fires throw every particle of force into action.

A good start is very essential and one should practice with the pistol until he can get off readily and with speed, for unless a man is sure of his start he is very often defeated by his inferiors. There are many starting positions and the question which to adopt is an important one. For

my own part I believe in experimenting with the different starts, and then after selecting one stick to it until you can find a better one. While not a very fast starter myself, I have improved every year and confess that I have changed my position in the start four times, and each time feeling as though I had improved. One should aim to perfect a start which will give him the utmost freedom and ease, so that at the crack of the pistol he moves freely forward with force and gradually upward, attaining speed and form as rapidly as possible. In coaching men to start, the skillful trainers gain the best results by merely suggesting to the athlete the different positions, and after a trial of each allowing the athlete to select the one which gives the greatest ease and freedom. The following "down starts" are used by successful sprinters:

Draw a straight line across the track, place both hands on the mark about 18 inches apart, and one foot on the mark and the other in an almost straight line about two feet back. If this position seems cramped, change to suit. Separate the hands, move the front foot back, and also change the other until you can rest on the mark with perfect ease. Raise the head so as to be able to look down the track to a point about 30 yards distant. Shift the weight of the body until you find a position which seems natural to you. Some sprinters divide their weight equally on all fours, others rest entirely on the hands and front foot, while still others allow the front foot to be almost free and throw the weight on the hands and back leg. Try the different positions and when you find one that gives you ease and steadiness without hindering your speed, adopt it. Keep it for a season, and by no means change it after you have worked up into racing condition, for it is dangerous to "swap horses in mid-stream."

The carriage of the body often gives the runner much annoyance. It is unprofitable to imitate others to any considerable degree in the hope of remedying the trouble.

It is far better to improve your natural style, unless your form is very bad, for the natural style gives the runner greater freedom and ease; while the acquired style has the tendency to divert one's attention too much to themselves. He must, in a race, be beyond consciousness of the form on which he is running.

Having adopted his start for the season, having settled upon the best time to practice, and having determined the kind of work and the amount he intends to follow, it is then the duty of the runner to settle on his diet, and adhere strictly and conscientiously to his schedule if he expects to attain a moderate degree of perfection.

Perhaps it would not be amiss for me to describe in general terms the way in which Ed. W. Moulton undertakes the performance of his duty as coach. "Dad," as he is generally known, has been eminently successful in handling sprinters, and is justly recognized as one of the best trainers in this country. He has been an athlete of remarkable ability, and his wide experience, united with an observing mind, has enabled him to become proficient in his line. Upon meeting his men for the first time he endeavors to become acquainted with them individually. "Dad" has an easy way with the boys, and with his fund of good stories he shortly gains their confidence. It is not long before he knows his man. He sizes the man up mentally. He finds out what he has done, as well as whether the fellow is ambitious, and finally he has him do his turn. With this knowledge as a working basis he starts the man to work, and if he has any defects, as most runners have, "Dad" will find them out and at once begin to eliminate them. He believes in correction by suggestion rather than by harsh rule, and thus gets a man interested in his work, starts him to thinking by giving him two or more methods to experiment on, and in a word makes him choose for himself so that he may become self-reliant.

The athlete is encouraged to let him know just how he

feels every day, and if he is laboring under a disadvantage there is no more interested a father than "Dad." After the experimental days have passed he fixes a trial day some three weeks in the future, and all the men are worked hard for this event. They are "keyed up" for the trial.

If the athlete travels any considerable distance he will find it wise also to make a trial hard within three days of his event, but he should do some light jogging the day before so as to get his cramped muscles loosened up, followed by a brisk rub. What the athlete wants before this race, after getting into condition, is rest for that short time that nature can store up energy.

If the athlete has been conscientious in his work, and has made time in his trials, there is no reason why he should not go to the track about two and a half hours after a good dinner and a brisk rub feeling like a fighting cock and prepared to do or die, for he possesses not only the accumulated strength of weeks of conscientious training, and regular, but he has a knowledge of himself and his ability.

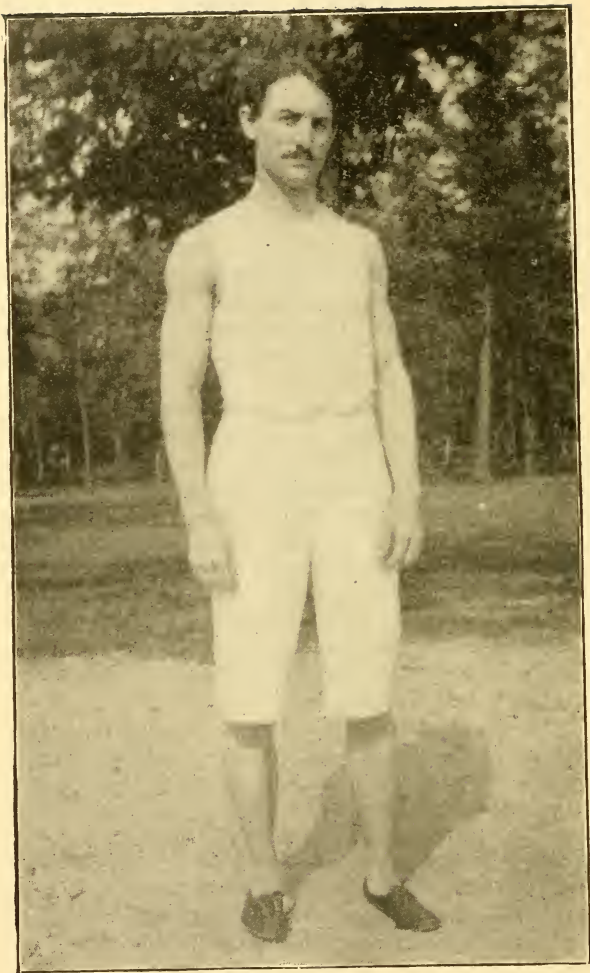
TRAINING FOR A QUARTER MILE RUN.

BY D. H. JACKSON.

A good quarter mile runner is usually a sprinter. In the last couple of years the number of good quarter-milers has increased greatly, and it is due probably to the fact that sprinters have been forced to give up the shorter dashes and take to this distance, for men who cannot do better than 10 1-5 have no longer any business in the shorter sprints, and accordingly try the quarter, which is the long sprint in America. But speed alone will not win here; there must be endurance; and very often one man can beat a faster man because he can keep nearer to full speed for the entire distance,

In training for the quarter, as indeed in training for any distance, the best results will be obtained if there is a month of preliminary work done in order to season the cords, strengthen the muscles, and get them used to work. This preliminary training should consist entirely of slow work, that is, jogging. Starting in with only a little jogging and walking around the track, the work can be gradually increased until a half or three-quarters of a mile is covered each time. This work should never be so hard as to wind the runner very much, and need not be taken every day if the legs get stiff, and if they get sore it is best to rest for a few days.

And now for what may be termed the regular training. Bearing in mind the two objects to be attained, namely, speed and endurance, it is plain that some time must be devoted to each. Therefore on certain days there will be sprint work, while other days will be devoted to longer jogging. It is impossible to lay down an extra rule and expect it to suit all men, for while the general plan of work is the same, the amount of each kind will vary for different men. For myself I have found the following to best prepare me for a race. Monday—some starting, a couple of fifties and a jog through 600 yards in about 1.30. Tuesday—



D. H. JACKSON.

some more starting, say a 75 yards and a 220 in about 28 seconds. Wednesday—go through a fast 220 or three hundred. Thursday—same as Monday. Friday—starting, and a jog of two or three hundred yards. Saturday—a trial quarter, 300, or 350 yards. I get in a trial quarter at least once in two weeks, and if I can stand it all right, once a week. On all days before starting or doing any fast work there should be a limbering up to avoid straining any muscles.

The new man is perhaps more worried over the way he should run the race than over anything else. And the only way he can find out how to do this is by studying himself in his trials. However, this much may be said. A man must be pumped out when he finishes a hard quarter, but needs enough to carry him to the tape. And all old quarter mile runners will say something like this: "I sprint as hard as I can for fifty yards or so, then ease up a bit, but keep going just inside my limit with 'a yard up my sleeve,' as Fred Stone says, until about seventy-five or a hundred yards from the finish, when I cut loose and run my 'bloody head off.'"

Of course if there is not sufficient time for a long preparation it must be omitted, but still it is necessary to begin the work very gradually in order to avoid sore muscles.

A DISSERTATION ON THE MILE RUN.

MY DEAR CHUM:

Supposing you have determined your distance by careful study of yourself, and supposing that distance to be the mile run, it would not be malapropos to say a few words on the general care of your body. "Hitch your wagon on to a star," the poet says, and any advice to you would be, set your eyes on a goal and then, in your preparation, do nothing that will lessen your chances in ultimately reaching it. More specifically, go to no excess, either physically or mentally. Be regular in eating, sleeping and in your exercise. Eat not too much or too little. Sleep all you can. Take your exercise regularly and moderately. Keep in good trim the year around; you will not become "the champion" the first year. Take care of yourself when out of training and you will have less to do when beginning again.

When shall I begin to train? This question one frequently hears from the recruit to the track. After my defeat in the mile contest at the Western Intercollegiate meet in '95, I followed the winners to their dressing rooms and casually inquired when they began work that year. "About the middle of January," was their reply. Accordingly, the following year, resolving not to be outdone in this respect, I commenced the first of January, over five months before the event which I was eventually successful in winning.

How to begin? It is hardly necessary to say that an ambitious mile runner who ran four miles around the "gym" track the second day after his decision was made never lowered his time below the five minute mark. Start in easy, giving up the table delicacies one by one, so that privation will not be noticed, and taking just that amount of exercise on the track that will enable you to quit fresh and not exhausted. The first week run three days, the next four, and so on, varying your track work with light

exercise on the chest-weights, dumb-bells, Indian clubs, etc., etc., and not infrequently taking a day off to avoid getting stale. The best exercise I know of to develop your arm and chest muscles is the quick, sharp, horizontal and downward movements with dumb-bells; first taking a deep inspiration and then holding your breath until you have made ten, fifteen, but not over twenty strokes—that is enough. Let me again caution you about overdoing here. Don't be discouraged if you can't make twenty strokes the first day, and don't try to do forty.

To make a five "miler" two things are of vital importance: endurance and speed. To have lasting endurance, look well to these parts of your anatomy, and strengthen them conjointly and proportionately. They are all absolutely necessary for good work and without any one, no matter how good a condition the other two may be in, you will not succeed. Placed in the order of their importance, if there is any supremacy at all, I mention your legs, your lungs, and your stomach. Let us take these up separately. You cannot expect to make the muscles of your legs like iron, nor impart to them the strength of Sandow's in a trice. It takes days, weeks, months—yes, even years. Do not think it is necessary to have big legs like prize fighters. One of the best mile runners in his day that I know of had legs that might even have been regarded as puny; but it was their steel-like hardness and staying qualities that carried their master to repeated victories. First, on the "gym" track, soon after New Year's; then, when the weather gets pleasanter, on the cross-country runs, and later on the athletic field, bring them slowly, but steadily to that degree of perfection which will surely bring you success in your contests.

Unconsciously, perhaps, while looking after your legs you have been improving your mind; and the chest-weights and cross-country runs already mentioned will do you great good in this direction. Just a word in re-

gard to the cross-country running. Perhaps there are a dozen of you, and you have hung together pretty well during the five to ten miles covered. As you approach the "gym" on your return, there is apt to be some rivalry as to who finishes first. Let the others rush in, if they will; you hang back and finish easy. The entire good effect of the afternoon's work is destroyed—nay, you are even put back—by sprinting in to cover. Save your sprint and your strength until you are in a race.

The stomach, unfortunately, is an organ that is often neglected, much to the regret of the would-be successful runner. It is hard to "lay down" any regular rules for dieting, but I should advise you to eat regularly, and not to overeat. See that what you eat is good food and well prepared. Avoid fresh and hot bread, preserves, rich gravies and spicy foods, and never eat pie, cake or candy, nor drink too much tea or coffee. Better let the tea alone and drink only one cup of coffee at breakfast and try to train down to three glasses of liquid a day. Eat plenty of meat, any of the cereals, few vegetables, stale bread, and fresh fruit in small quantities, and with the precautions mentioned you will find your stomach will not go back on you. Never eat a bite within three hours of a race. Following this rule, there is little likelihood of your ever having to complain of your stomach either during or after running.

In the mile run endurance is only half. You may have legs of iron, magnificent wind and a strong stomach. If you have not developed speed your efforts are *nil*. Along about the first of May commence work in this direction, using the fifty-yard dash to warm up on, and then a "brisk" half, or a "tight" quarter, or, possibly, one or two "speedy" two-twenties. No definite rules can be given. Here a trained or an old runner's services are almost indispensable, for at this time the "fine" work commences. Consult, if possible, some athletic manager and have a five-minute talk. He will give you some splendid advice.

I, myself, am greatly indebted to Mr. Harry Cornish, of the Knickerbocker Athletic Club, and formerly athletic director of the Chicago Athletic Association, and also to Mr. Fred Stone, present athletic instructor of that club, for the great services they rendered me in this direction while on the track.

Don't think that in a race the fastest man always wins. In an unwary moment a rival at your elbow may make a spurt, get a "lead" and drop over the line a winner, while, comparatively fresh, you are vainly endeavoring to catch him. In brief, employ headwork; be constantly on the alert; and, while I trust you may never be guilty, watch out for the jobs others may put up on you. Personally, I prefer the stooping position for a start in the long-distance runs, and believe a second or two gained here may win you the race, or lower the record you are after.

After you are "under way" get into second place and try to get someone else to set the pace, hanging close to his elbow and never allowing him to slack up. If he does, jump instantly into first position and try to "kill" off your competitors before the final struggle. If, however, they are "stayers" and you have been unable to shake them, be sure, whether in first or second position, to sprint first, but not too soon, in the final dash, making the reserve strength which you have "tucked up your sleeve" just carry you across the line, if necessary; but, if possible, finish strong and walk unassisted to your dressing room: it looks better and you will then never be accused of making a "grand stand" finish.

In conclusion, enter heartily on your work; believe in yourself and that eventually you will attain success; use what you have and cultivate lots more nerve; if defeated, don't bemoan your ill-luck, but keep quiet, study the cause and work harder the next time; if successful, take your victory modestly and try to console the vanquished; consider their feelings and they will then not be jealous of you. Yours for success, HENRY B. CRAGIN, JR.



EDWIN BINGHAM COPELAND.

THE HALF MILE AND MILE RUNS.

BY EDWIN BINGHAM COPELAND.

To lay down fixed and definite rules of training for the middle-distance runs is probably more impracticable than the same attempt would be for any other event of the field-day programme. For a sprinter or jumper or hammer thrower must not only put himself in the pink of condition in order to win, but he must have in himself, before he starts to train, a certain natural endowment of latent ability, in nimbleness or in weight; to this extent all promising candidates for these events must be alike, and may be trained alike. But any man, if he has a reasonably strong constitution—that is, if he is in fair health and in no way deformed—has all the physical equipment requisite for a successful half or mile runner. The inborn qualities most essential for success in these events are rather in the head than in the body. A general idea can be given, however, of the training methods which have led to victorious work, and which, intelligently adopted to individual needs and faithfully carried out, ought ultimately to produce the future champions.

First, and above all things, take care of your bodies, for these are hard events, and demand all of the energy that the best of habits can accumulate. The bad effects of alcohol and tobacco are already a trite subject, but can never be over-emphasized. The man who has never used them has the best prospect; the man who touches either of them while training is worse than useless to a team. If a man really cares for them, let him seize the opportunity by abstaining to cultivate the will he has got to have when he wants to race. Though not to be classed with liquors and tobacco, tea and coffee, especially the latter, are likely to be injurious in their effects, whether their effects are immediate or not, and would best be avoided. The best drink is good water, and even this should not be used in

too large quantities. Having it boiled, as "cambric tea," is a good plan. Avoid ice. In my own experience there has been nothing to justify the prevalent idea that milk is injurious to the "wind," and if a runner likes milk I would let him have it, boiled.

The food should be strengthening but not fattening. Eat plenty of good lean meat; beef is the best, and broiled steaks preferable to roasts. Eggs are all right, but their use is often carried to an extreme at training tables. Shun butter and anything else so conspicuously fattening. Bread, toasted, or at any rate not fresh, should be, with the meat, the backbone of the diet. Enough vegetables should be eaten so that, aided by regular exercise, the action of the bowels will be normal, and perfectly regular. Remembering the objects of dieting, which are, firstly, to keep in perfect health, and, secondly, to accumulate as much strength as possible with the best practicable increase of weight, everyone must adjust the details of his diet to suit his own case. If the routine of training-table fare is not elastic enough to permit this, it is likely to do more harm than good.

Some forms of exercise, as hurdling, violent walking, or much bicycling, are injurious to speed and ought to be let it alone. The utmost regularity should characterize the daily programme. Always train at the same hour (four o'clock is a common time), do not let meal-time vary, and be scrupulously observant of training rules about retiring at night. The more sleep you can get regularly the better.

A boy whose physique is mature enough so that he may judiciously be a candidate for a football eleven is probably ready to try the distance runs. This is not always true at eighteen. And for the same reason that the fastest yearlings do not make the greatest racehorses, an over-devotion to these harder forms of athletics at too early an age entails dangers more far-reaching than the mere loss of

speed at a later day. The development of athletics in the preparatory schools, the best thing possible for the physical welfare of the boys concerned, if kept within bounds, is a real menace to them if carried to a point which in college is desirable and necessary. At least until a boy stops growing, his highest aim in athletics should be the development of all-round strength and agility.

At the very beginning of training, cross-country runs or jogs of two miles or so on the track are probably all right. They will strengthen the legs and chest, and are less likely to cause soreness than faster work at shorter distances. This is said to have been the regular plan of work of the holder of the professional mile record, W. G. George, but is certainly a poor preparation for racing, and most men would best not stick to it more than two weeks. After that, the work should vary daily, and the distance run in practice should seldom be as great as that to be tried in competitions. It is advisable to go over the full distance about once a week to be sure you are familiar with it, but these frequent trials ought not to be quite at full speed. In training for the half, the quarter and third are distances to be most practiced on; if the mile is in view, these should sometimes be increased to the half or three-quarters. And whether you are running at full speed or only at a fast jog, always know the exact time. Educate yourself to know at any time just how fast you are going—a power that is invaluable in a race. A very large part of the work to be done is of course merely as exercise, for no definite distance and at no fixed speed. “Working off” from scratch with the sprinters is easy and profitable work for the distance man, and it often happens that the start is an important part of a race. Taking short, springy steps, and raising the knees as high as the waist is excellent practice, for a low, heavy step will never win a race. Best of all training schemes is to go along at an easy jog, and suddenly, at or with a signal, jump into full speed

and sprint forty yards or so and then gradually ease up to the jog again. When partly rested by the slower pace, repeat the performance. A well-trained distance runner must be able to sprint nearly as fast when almost exhausted as when fresh. Before your day's work begins warm up with an easy rub, and have a thorough one before you have time to dry off, when you are done. If you are not stiff there is no need of liniments; and if the skin becomes inflamed for want of a lubricant a little water will serve this purpose and the demands of cleanliness at the same time. But do not bathe more than you need to to be clean. Do not let the feet be neglected in the rubbing. Before going into a race a man should have a pretty fair idea of what he is able to do. For this purpose a trial should be run about a week before the contest; and in many cases the mental condition of the contestant makes it advisable to run the first trial as much as three weeks in advance, so that by successive trials he can gain self-reliance enough not to be jockeyed or "rattled" during the race. Do not be discouraged if your trials are not as fast as you think they should be, for a man who is the right sort of racing material will always run easier and faster in competition. If you know what you can do without it, any trial is superfluous; before his great run in 21 2-5 seconds Maybury had not been timed for the 220 yards during the entire spring.

When field-day arrives keep calm and quiet. Worry is worse than work. For breakfast eat enough, but do not drink more than one glass of water, and if you feel any thirst again before the race satisfy it by gargling. For dinner I should eat nothing but tender, broiled steak. Go to the scratch well rubbed and thoroughly warm. If your hair is soaked you may be more comfortable on the last lap. After the race begins the great essential is not to get scared nor let anything keep you from running as is easiest for you. If you feel pretty tired on the way you may

be very certain the rest of the field is no less weary. Run for all there is in you, and if you are well trained there is absolutely no danger of injury from over-exertion.

And, after all, if you run just as fast as you can and somebody else is a little faster yet, don't be discouraged, and in a year the tables may be turned. If a man does the half in 2.05 his first season he is a phenomenon; it took me three years of conscientious work to lower 2.07. No man has any right to give up after one failure. And if he keeps on trying, his patience will ultimately make him a surer winner than the rival who is so speedy at first that his patience and "nerve" are never schooled.

THE MILE WALK.

BY FRANK SCOTT BUNNELL.

Of all the events usually contested in the track and field meets of the day, none requires greater endurance than does the walk. This fact is largely to be accounted for because the racing gait is peculiarly an artificial one. At the same time it cannot be said that this exercise is injurious, unless, of course, it be practiced to excess. Walking uses more of the muscles and thus insures more symmetrical development than any other one of the track and field contests.

"O yes, I can walk;" "why, anyone can walk a mile;" "it's the easiest race of the lot;" remarks like these are frequently heard among those who have never tried any form of athletic exercise. But let the tyro step beside one of even moderate proficiency in walking races, and see how soon he will be distanced; or if he is not, it will be because his head drags down, his body comes forward, his knees fail to lock sharply behind at each stride and, in a stiff-legged run, he has lost all semblance of a walk; even then the racer may beat.

The distinction made between a run and a fair walk is this: In running, the man is clear of the ground during each stride; in walking some part of one foot at least must always be on the ground; in running the knee is bent at the end of each stride; in walking the knee must "lock" sharply, both in front and behind, that is, when the foot comes down and when it comes up.

But, just as in a hurdle race, the essentials are to jump the hurdles and sprint for the tape, but yet proper "form" aids performing these essentials; so in walking, while the only requirements are "keep on the ground and lock the knee," a certain "form" must be acquired in order to do these things successfully.

In the first place keep the body well up from the hips

and have the head well thrown back. This will insure easy breathing and at the same time will let the feet swing clear of the ground. The arms should be swung with considerable force, though not violently. Some walkers walk with arms bent nearly to a right angle, but in general the forearm should make an angle of about 135 degrees with the upper arm. The value of this armswing is that it helps to shift the weight from one foot to the other. "Corks" can be used or not, as the walker prefers, but if they are used, don't grip them hard—merely let them lie in the hands.

The foot should be swung close to the ground and as near as possible to the other ankle; step as though walking a trial, with one foot squarely ahead of the other and with toes set straight "fore and aft," "pigeon toed" rather than with feet turned out.

Most important of all is the "hip-roll." By this means the practical length of the leg is increased nearly or quite six inches. The "hip-roll" is a hard thing to describe; to acquire it, walk as though the legs were hinged, not at the hips, but at the waist. This means that when both feet are on the ground and as far separated as possible (that is, just before the rear foot is lifted) one hip must be in advance of the other. Now, as the rear foot is brought forward, let the hips roll so far as to bring the other on in advance. Thus for use in walking the length of leg may be said to be measured not from hip-joint to instep, but from waist to instep. To acquire this rolling motion it is absolutely essential that the athlete be loosely built about the waist and hips.

One general caution is yet to be given: Don't tighten up; keep every joint and muscle loose; "wobble along" as though strung together on wires. This will be found to be the first evidence of fatigue, that the muscles begin to tighten; first the hands clench the corks, then the elbows become rigid, the stiffness reaches the shoulders, the waist

and finally the legs. Just remember that every muscle held unnecessarily tightened requires strength, which must come from the general endurance. The sooner the hands tighten on the corks the sooner will the legs give out.

As for costume, the shoes alone need mention. They should be light, close-fitting, smooth-soled and very low-heeled. Spikes of any kind are a positive detriment.

The better the general "form" the more lenient will be the judge, should the walker come off the ground. Above all things don't lose your head when "sprinting"—then, if ever, you are closely watched; then, if ever, your "form" must be irreproachable.

One word as to the general utility of this exercise. It is advantageous to be able to run, at times it is of use to spring or jump, but for all-round usefulness, walking, in the writer's opinion, surpasses abilities in other athletic lines. Of course in walking on the street the excessive hip-roll and arm-swing would be out of place; but after a season's racing one will find that all walking is easy; that he goes along with a free, easy, swinging motion, which carries him over the ground with alarming rapidity and with almost no exertion. Even the short run for a street car disarranges the clothing, leaves one out of breath and makes him generally uncomfortable; but the smooth and rapid walk can be sustained for miles at a twelve-minute gait, with no more fatigue than that felt by the ordinary mortal at one-half the speed.

HURDLING.

BY JNO. R. RICHARDS.

Some ideas regarding hurdling may be gained by glancing at the characteristics of men who have made records over the sticks.

The two who stand out more prominently than the others are Chase and Bremer, the record holders of the high and low hurdles respectively.

CHASE.

Chase was American champion in '95, as well as victor in the same year over Godfrey Shaw, the Englishman. His best mark and the present world's record is 15 2-5 seconds, which he made in the fall of '95.

Chase is not a particularly speedy sprinter, nor can he be called a high jumper. These two qualities are usually considered by beginners as essential requisites to success at hurdling. Chase is tall—nearly six feet—and free from anything like superfluous flesh, although by no means a shadow. His build need discourage no one from trying the hurdles, for it is not the prevailing physique among high hurdlers. His phenomenal speed lies in his style. His stride, steady and clean, scarcely interrupting his speed at the sticks, saved his strength and enabled him to perform those finishes for which he was famous.

BREMER.

Bremer, of Harvard, the low hurdler, was a fast quarter-miler before he made his mark as the fastest man in the world over the lows. He has negotiated the 220 yards over the ten flights in 24 3-5 seconds. He is a strongly built, well-knit athlete, showing in his physique the vitality necessary for the strain of a 220 race. Speed is a much greater factor here than in the high hurdles, and Bremer's speed as a sprinter was no small point in his favor when he concluded to adopt hurdling as his event.



JOHN R. RICHARDS.]

PRESENT WESTERN HURDLERS.

Among the hurdlers in the West capable of more than mediocre performances are Chubb and McLean, of Michigan, and Armstrong, of Grinnell. Kraenzlein would have been the undisputed Western champion, but, unfortunately for the West, the seductive influences of the East proved too great, and he must be numbered with the Eastern cracks.

THE HIGH HURDLES.

The hurdling events in our contests are never so overcrowded with entries as are the dashes, and men with fair speed, wasting their efforts at the dashes, might find themselves winners at the hurdles. Ordinary speed is all the hurdle aspirant needs. Often men with lots of speed are unable to hurdle. A man must be steady on his legs and be able to maintain his stride and speed after clearing the sticks.

The stride in the high hurdles used by all who can claim the term hurdler consists of three steps between each hurdle. This allows the use of the same leg at every stick, and is not too long when you consider the distance covered by your jump in clearing the hurdle. Novices will always find themselves stretching a bit to hold this stride, but with practice comes confidence, and as the speed is increased the stride becomes easier.

Taking the hurdles is the critical portion of a hurdler's work, as well as the most difficult. The legs must be swung into such a position while in the air that the body need be raised but little in clearing the stick. The higher the jump the longer the distance you are compelled to travel, and just so much energy is wasted. The front leg—that is, the one leaving the ground first—is usually thrown forward into a position as nearly horizontal as possible, and is slightly inclined toward the body. If you use the left leg in the jump the right leg is shot forward horizon-

tally, but from the knee it is inclined toward the other leg. This is seen at once by observing snap-shots of hurdlers clearing the sticks. The leg used in the jump trails behind, following the body in such a way as to necessitate no extra height in the jump. At no event must it be pulled up as a crane holds up one leg while standing on the other.

This style can best be acquired by beginning with one hurdle. Run at it and make an approach at the "split" as you jump to clear the stick. From one hurdle go to using three, and besides the clearing of the stick you can now work on your stride.

THE LOW HURDLES.

Speed is the prime requisite for a low hurdler. Still, some men who could never win dashes have turned out to be clever hurdlers. Speed, endurance and a steady stride are the tests.

Men who use the same leg to jump from at each hurdle make seven strides between each hurdle. Eight are used by hurdlers able to navigate both legs. Most men are restricted to one leg in their jumps, and find themselves out entirely if forced to jump from the wrong or unaccustomed leg. Seven is the prevailing stride, the one used by Bremer and the one employed by Kraenzlein and Buck. Beginners, however, will find it difficult to maintain such a stride as seven the whole course. Nine must often be used at first, or at some part of the course. The manner of clearing the hurdles is essentially the same as in the high hurdles. The height of the obstacles, however, makes it less a question of getting over and more of a question of getting on.

There is usually a slight hesitancy—prevalent with many hurdlers—in taking the first stick. Hard and fast rules cannot, of course, be laid down, but the habit or ability to

dash at the first hurdle will gain yards and give the much coveted lead.

TRAINING.

The work of a hurdler in fitting himself for a race is primarily the same as that of a sprinter. The hurdler should work every day at three or four hurdles until he is sure of his stride and sure to clear the stick closely; then he is ready for the full route, say once, or at best twice, a week—not at full speed. The remaining portion of his training is the same as the sprinter's—getting off the mark, short spurts and occasional jogs.



EARL W. PEABODY,
Winner of 110 Firsts in 1897.

THE BICYCLE EVENTS.

BY EARL W. PEABODY.

I hardly know what advice to give to the candidate for honors in the bicycle races, so much depends on the previous training and the natural capabilities of the man. But the following suggestions will be found useful by most young riders.

The first thing to be sought for is strength. Speed comes afterward. In most cases the man cannot begin real outdoor training until April 1, and this is early enough. Too long or too hard training is much more injurious than not enough.

I would recommend simple, light systematic exercise previous to April 1. This exercise may be of any kind, the whole object being simply to get the system into a normal healthy state. Home trainers I do not believe in.

The first of April having arrived, the candidate should begin his special training. Steady, hard work with no sprinting should be his programme at first. He will probably engage in no intercollegiate contests before the middle of May, and it is for these he must train, not for preliminary trials. About two miles at a good stiff pace, say three minutes, if he works alone, and 2:50 if he has one or two others to change pace with him, is enough work at first. There should be no sprint or attempt to pass the pacemaker at the finish of the work. This sort of work should be continued a week and then the distance should be increased to three miles. After another week five miles should be negotiated. At the end of the third week it will be time to begin sprinting. About three one-hundred-yard sprints, with the wind, with a good rest between each ride, and then a stiff mile will do for the fourth week. The fifth week I should suggest two full eighth mile sprints, and then after a good rest a good stiff mile with a spurt of about one hundred yards at the end

of it. After five weeks the candidate should ride a hard mile, closing with a fast sprint for the entire last eighth about twice each day, substituting a quarter-mile flying start, unpaced trial for one of the miles about every other day. All work should be done under the trainer's eye and the time carefully noted. I would not dismount to rest, but remain on the wheel, riding easily. All sprints should be with the wind; the object being to develop fast motion. No distance greater than a quarter should be attempted at full speed. There being no handicaps to be contested, nothing further than that is necessary, and such work retards the development of a man's sprint. Do not use an excessively high gear, and use a gear about six inches lower than you intend to ride during the first four weeks of training. Avail yourself of your trainer's experience. Whether he be a bicycle trainer or not, he can tell you whether you are doing too much or too little work, if he is a competent man. As to position, get a comfortable position during the first week and stick to it. Don't get your handle bars too low. Remember that your elbows will bend on occasion. Never, either in training or racing, "duck your head" so that you cannot see the whole track in front of you. You can ride just as fast without doing so. Wear stockings or long tights and plenty of other clothes on cold days, so as to run no risk of taking cold. Follow the regular training and remember that a bicyclist, above all others, must have his stomach in perfect order if he wishes to succeed.

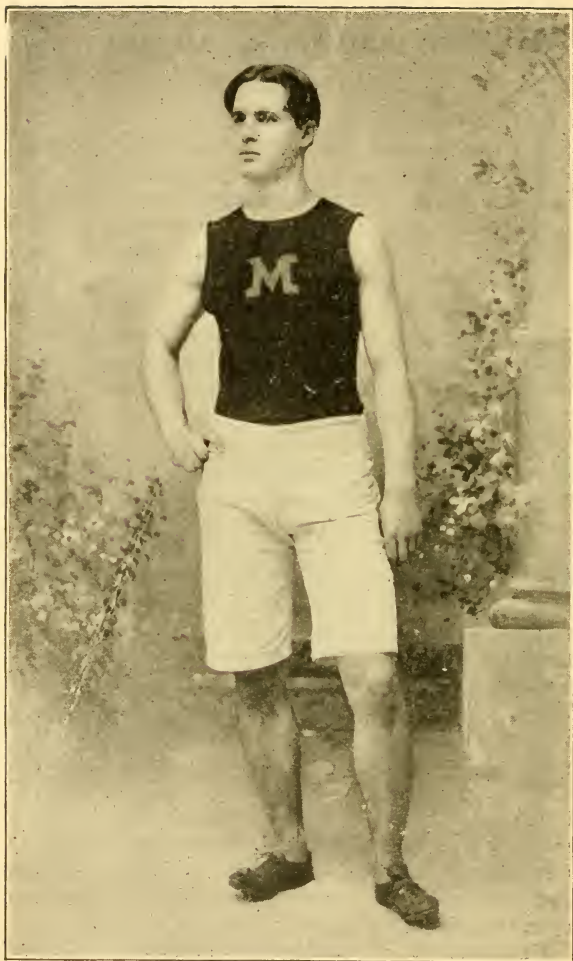
THE RUNNING BROAD JUMP.

BY JAMES A. LEROY.

Perhaps no event on the programme is more uncertain than is the running broad jump, and in no other event is the really superior competitor so often beaten by the man who, though not so brilliant, is more sure of doing his distance. This is due to several things. In the first place, this event is one that demands snap and springiness, without any particular degree of endurance, and considerably more also than it demands fineness of training. Another reason is that the making of a good jump depends so completely on getting a good "take-off"—that is, striking the joist from which the jump is made just so as to get the rise from its edge.

This point of mastering the take-off is really the first thing to be undertaken by the person who seeks honor in this event. The new man who has never jumped in spiked shoes before looks rather suspiciously on the five-inch joist from which he is told he must jump. It should be noted that the rules provide that a place to jump from shall be fixed by sinking a five-inch joist flush with the earth, and then digging away the ground in front of it to the depth of three and the width of twelve inches. The competitor whose spikes touch the ground in front of the board makes a foul, which counts as one trial. This prevents any one getting an unfair advantage by stepping beyond the edge of the board, and at the same time the digging away of the dirt in front allows the jumper to get his instep squarely on the joist and get the full benefit of a spring from it. The task set before the new man is to so master his run that he will come to the board at top speed, and at the same time have his jumping foot come squarely upon the joist and give him a spring off its edge.

He cannot run at the take-off by guesswork and take his chances on his stride coming right just as he wants to



JAMES A. LEROY.

jump. There are several ways for a jumper to "get his distance," as this is called, and a brief description of the easiest way may be made. Most men jump from the right foot, and most men also want to run about twelve strides at top speed before the jump. The beginner should therefore draw a line parallel with the joist and, say, sixty feet down the running path from it. He should go back fifteen or twenty feet from that and then run at it to get up speed, touching his jumping foot (right or left, as the case may be) on the mark and running from there to the joist at top speed. If he overruns the joist he can shift his mark back, and vice versa. The point is that he must have a mark at some stated distance which is just ten or twelve or fourteen times the average length of his stride, so that he can have the fullest confidence each time that he will strike the board all right. For instance, my distance is 63 feet 11 inches, and every time I compete I measure that distance off with a tape from the inner edge of the joist, make a mark there that I can keep my eye on, and then draw back a distance to get up my speed. From that mark I must always go at top speed to the joist; otherwise my stride would vary and I could not be sure of hitting the board. This distance (63 feet and 11 inches) is probably longer than the average jumper's run, though a good many run further than this at full speed. The beginner must make a good many trials at it to find out how far he had better run. The more speed he can work up by his run the better is his jump, of course, and he needs to shorten the distance if he finds that his speed falls off before reaching the take-off.

Having once ascertained his distance fairly well, the learner at the game may consider much the greatest obstacle out of the way. There is no use, however, for him to try to begin jumping unless he has got this take-off down to a reasonable degree of accuracy. And after that he will find, very likely, as he keeps on training, that his

stride is lengthening, and consequently he will need to be lengthening out his running distance. When he comes to the jump itself, things are easier. The first point to be remembered is to get high up in the air. The higher the jumper can rise, without trying to send himself straight up, of course, the farther he will go; and it may safely be set down that no one can jump twenty-one feet or more without getting well up in the air. As soon as the jumping leg leaves the board, the body should be drawn up into a ball so far as possible, both knees being pulled up well in front of the body and as high as the chin. These may seem like little points, but each one of them is important, and no really long jump can be made by the person who does not get this "rise" properly. Just as the body is beginning to descend, the legs should be shot out in front of the body, and the impetus added thus will lengthen the jump, besides the fact that the jump will be made as long as the legs can reach. There need be no fear of falling back, as the impetus the body has will send it on over as soon as the feet touch the ground, which should of course be well spaded up and softened up by raking. Loam, and not clay, should, if possible, be dumped in the place where the jumper lights.

All this concerns the jump itself. The training for the event should be a mixture of jumping and sprinting practice. In the spring, when starting in, there should be no jumping at all until the candidate has unlimbered his muscles by at least a few days of preliminary work, consisting each day of four or five starts and dashes of from fifteen to thirty or forty yards. "Go slow on the start" is always the motto.

After this preliminary work the candidate may try the jumping itself. He should be careful at first not to jump more than four or five times a day, nor more than three days a week. Snap and spring are what he wants more than anything else, consequently he must beware of dead-

ening himself. After a while he can venture a few jumps every day, and a trial out in half a dozen or so jumps for his best once a week. Sprinting practice should be kept up right along to make the stride even and unvarying, and to develop speed. Though a good broad-jumper doesn't necessarily have to be a very fast sprinter, it is very evident that there must at least be a fair degree of speed to attain success at the game.

To all that has been said here must be added the remark that it is utterly impossible to lay down any hard and fast rules for all men to work by in this event, any more than in any other. Men differ materially in the amount of work they can stand and in the style in which they can do an event most easily, and experience is necessary before it is possible to be sure just how to go at an event. From my own experience, however, I would record the impression that the saying that it is much easier to train too much than too little is more true of the jumps than of any other events. My very best marks were made when I was practically untrained, because I was then feeling fresh and vigorous and there was no particular need in this event for working up endurance. The beginner at the broad jump needs to work and work hard at mastering the form and style of the event, as previously outlined. Then he wants to see to it that he comes to a contest with lots of snap and vigor, and not with muscles deadened by too much spring being demanded from them within the few days or the week before.



FREDERICK W. VON OVEN.

HAMMER THROWING.

BY FREDERICK W. VON OVEN.

Probably no other single athletic event has witnessed such a large average development among its participants during the past few years as hammer throwing. Not only has the distance of the throws been greatly increased, but a larger number of athletes have taken an increased liking for the sport which, in fact, has doubtless led to the high standard of the best throwers in America at this day.

Formerly it was believed, and erroneously so, that a hammer thrower need be a very large, sometimes heavy and extremely strong built man. Indeed the sport needs considerable strength, but that alone is but one of the essentials. As in all other sports, strength combined with science and skill, or, in other words, all of the power of the athlete exerted to its utmost advantage, is the form to be highly sought after. It is not so very common to find a man who possesses considerable strength and who is entirely able to handle himself with enough ease, that all of his reserve energy may be applied in the proper direction. However, this condition of affairs should not discourage anybody just turning his attention to hammer throwing. The event needs considerable practice and attention, and should the efforts of a beginner during the first, and maybe even the second year not be highly repaid, he must not travel the path of a "quiter," and think that hammer throwing has nothing in store for him. Certainly there should be some progress between the two consecutive years of training; however, this may be small, as the first few years are fully employed in learning the proper swing and turn.

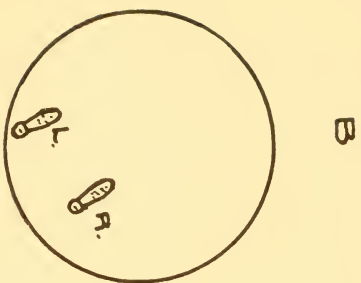
In all amateur events the hammer, which may vary in weight, is thrown from a seven-foot circle; the privileges and limitations for a contestant within the same may be found in all Amateur Rule Books. Various methods and styles of throwing are used to increase the momentum of

the weight, but strictly speaking they may be classified under three heads, namely: (1) Standing throw, (2) single turn, and (3) double turn. At times a triple turn has been employed. The use of a turn with the hammer is to increase the speed and, therefore, add to its momentum, which results in an increase of the distance of throw. Hence came the successive uses of the single and double turns. Any deviation in the hammer from a higher to a lower velocity during the course of a throw before delivery produces a remarkable shortening in the distance of throw, especially if such decrease in velocity happens very shortly before delivery.

Speed in the thrower naturally proceeds from the development of the above-mentioned methods of turning. A beginner, and very often heavy men, can make a decidedly better attempt by not using any turn at all, unless he can make the same rapid enough to increase the velocity which the hammer had attained by simply swinging same about the body from a standstill, and also maintain a clean, accurate delivery. The same relation exists between the single and double turns. No increase of distance will be attained until the thrower can produce the double turn with sufficient rapidity to increase the velocity beyond that which he is able to attain by a single turn, and also at the same time maintain the perfectness of delivery.

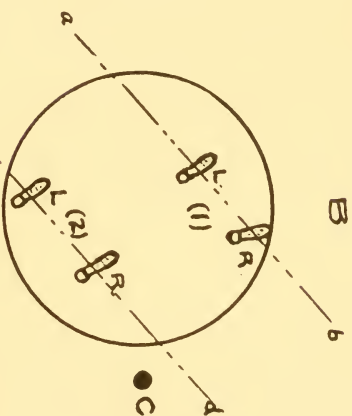
The position that the thrower should take within the circle and the method of turning with the hammer under motion are as follows:

(1) FOR STANDING THROW.—In this no specific principle can be followed. The thrower must assume some such position in which he feels securely braced against the bending effect produced while swinging the weight. In Figure 1 A is the general direction in which the hammer is to be tossed. The thrower should assume the position as indicated, facing B, and having his feet not too far apart; the heel of his left foot being very close on the front limit of



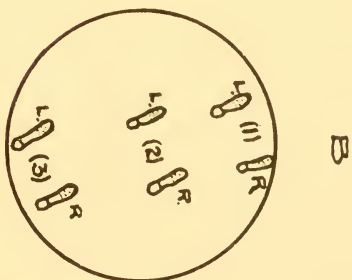
M

Fig. 1.



M

Fig. 2.



M

Fig. 3.

the circle. The number of revolutions given to the hammer before delivery is best judged by the participant after due practice.

(2) SINGLE TURN.—For this method the person takes his position as indicated (Fig. 2) in the back portion of the circle, facing B, and with the hammer in a position of rest at C. After having the hammer go the desired number of revolutions while standing at position (1), the beginning of the turn is started as the hammer is still well behind him, as near C. To make the turn the person turns to the left on his left foot, swinging the right around to its place in position (2), after which the left foot is brought forward from position (1) to its corresponding place in position (2), which is that held at time of delivery of the hammer. The turn must be made quickly, care being taken that the body in motion is kept well ahead of the hammer and that there is a constant increase in the velocity. The lines (a b) and (c d) passing through the centres of feet in positions (1) and (2) should be parallel, or nearly so.

(3) DOUBLE TURN.—The double turn requires the greatest speed in making the two turns and the delivery. In this, as in the single turns, the person takes the position as indicated at (1) Figure 3, facing B. The turning is a double repetition of the single turn, the positions (1), (2) and (3) being occupied, respectively, from beginning to end; (3) being the position of delivery, the thrower still facing B.

A common fault of beginners is to waste a greater portion of the circle by not following the hammer toward the front of the circle just before delivery. This is probably due to a fear of fouling. If such be the case it is best to practise without reference to any limitation of ground surface covered, and thus become accustomed to follow the hammer forward.

Too much stress cannot be laid upon the regularity of

training. From twelve to fifteen throws per day is but a reasonable amount of work for most any one, and in connection with this it is advisable to do some running, mostly in the short distances. The use of a light hammer, say from 12 to 14 pounds in weight, is recommended for a larger portion of the practice work, notably in learning the turn. Work with other weights—at least with the shot—is advisable. Training with the hammer during the winter months in this climate is entirely out of the question. In its place it is well to take a moderate amount of general gymnasium work and store up energy for the spring.



ALVAN H. CULVER.

POLE VAULTING.

BY ALVAN H. CULVER.

There is a considerable difference of opinion as to the proper way to pole vault and as much difference in the way to train for the event. What I shall say in regard to vaulting is based principally upon my own experience.

It is generally conceded that no one of the fourteen standard events brings so many muscles into play as this one. The qualities which go to make a high jumper, a running broad jumper, a sprinter and a rope climber, when properly combined, make a good vaulter. By noticing the style of his performance it is generally easy to tell in which line he excels. A good high jumper will usually take a short run, depending entirely upon his spring to get him up in the air. On the other hand, a sprinter or a broad jumper will take a longer run and strike the take-off at his very highest speed. In all cases the height and position of his hands on the pole depend very largely upon the strength of his arms; the stronger they are the lower he may hold the pole and the closer together his hands. The fact that a man excels in one of these events undoubtedly helps him, but in order to be a successful vaulter he must be fairly good in all.

No great amount of actual vaulting can be done in the ordinary gymnasium, as the best of mats serve very poorly to break the force of the fall when any height is reached. A beginner may practice vaulting steadily indoors without much danger of serious results up to the height of eight feet or eight feet six, but after that he should not practice oftener than once a week. If too much is done the ankles and the calves are likely to become stiffened. At the first indication of the heel becoming bruised or the shin bone sore he should stop vaulting until they are again in their normal condition. If he still insists on practicing he will certainly be laid up a much longer time than if he had quit at first. These injuries can be cured only by rest.

No hard and fast rule can be laid down as to how much work a person should do, as no two people are affected exactly alike by the same exercise. Here is a schedule of a week's work which may be modified according to the person and the time at his disposal.

On Monday, Wednesday and Friday use light dumbbells, pulley weights or Whitely Exercises for from ten to fifteen minutes, to strengthen the arms and shoulders. Follow this by starting cleats from six to ten times, running as far as the space will permit up to thirty yards. Then try high-jumping.

On Tuesday and Thursday, after using the weights and starting the same as on Monday, Wednesday and Friday, swing on the flying rings or do some rope climbing. These last events strengthen the grip and are important. On Saturday vault, resting on Sunday.

When the work is over a short shower-bath, with the water not too cold, should be taken, followed by a rub down.

In vaulting, enough mats should be used and so placed as to preclude any chance of falling on the bare floor, for an accident of this nature is liable to result in a permanent injury. Unless this precaution can be taken it is best not to vault at all indoors. This line of work will put a person in condition to vault outdoors. He will find that there is considerable difference here. The pole will slip more and must be placed in the ground further back from the bar. This makes a difference in raising the body, and practice alone can accustom one to the change. The pole should be about fourteen feet long and as light as will bear the strain. While a light pole is desirable, great care should be used to see that there is no danger of its breaking. If it is not strong enough a serious accident is liable to happen, and even though one escapes injury, the breaking of a pole is almost sure to make him lose confidence, which it is very hard to regain. In some instances

it is never recovered, and without it one might as well quit vaulting altogether.

Most persons experience difficulty in obtaining their grasp on the pole at the take-off, when the bar is at great height. Adhesive tire-tape, wrapped around the pole, where it is held, gives the best assistance to prevent the hands from slipping. The place where the pole is planted should be of clay, wet and well pounded down, so as to permit as little slip as possible. The spike on the pole should be long. This is of special importance where the person depends on his speed for his rise, and the importance is increased if he be heavy. The length of the spike should depend, to a certain extent, on the kind of earth in which it is placed. Where the take-off is soft the spike should be longer. I had best results with a four-inch spike.

The place where the pole should be planted depends upon the individual, but, as a rule, about a foot from the bar is the proper distance. The standards should be well apart so as to reduce as much as possible the chance of falling on them. The ground should be dug up at least ten inches deep, in a space of eight feet square, directly back of the bar. This should be smoothed off after each jump to keep the landing spot as soft as possible. At the lower heights the hands may be kept well apart, say two and a half or three feet, and the run may be short. When approaching his limit one should have his hands not more than two feet apart, and the run should be as hard as possible. He should mark off the length of his run. When he finds that he gets his step properly, so that he may know just where to start on future occasions. This is very necessary. I always had two marks, one at 75 and the other at 42 feet, by which I gauged my step.

Outdoor vaulting, like the indoor event, is too violent to be depended on entirely for training. One must use other exercises. In a general way these directions may

be followed. Take five or six starts of thirty yards each day, followed by high jumping three days in the week, and by vaulting the other three. Once a week, at least, try for height. On the other two occasions perfect the form at the lower heights. Take an occasional 220-yard dash and once in a while a quarter for endurance. The exercise of the arms and shoulders should still be kept up regularly, notwithstanding the fact that it is very monotonous. The third week before the contest do your hardest work. By this time you have developed your speed and spring and strength of arms. Now, spend all your time making use of them in vaulting. Practice every day, but be careful not to train down too far. In the second week ease up considerably, but do enough running to keep your wind good. On, say, Monday, or not later than Tuesday (supposing the contest to come on Saturday) have a try-out and go as high as possible under the same conditions as in the competition. Then do not touch a pole again until the games take place. Do no more heavy work and take only a few starts each day. This will give you a chance to get back a great deal of the snap and spring which the hard work has driven away. The diet in training should be the same as that in preparing for the other track events. There is a difference of opinion as to what this ought to be, as you will see by reading over the other articles on that subject in this book. I believe in eating plenty of vegetables with a moderate amount of meat that is fairly well cooked. Let tobacco and also alcoholic stimulants alone. Take regular sleep and enough of it, but not too much. Most people in training need at least eight hours of sleep, and few more than nine. Too much sleep makes one feel slow and heavy. The muscles of the legs and arms should be kept soft by rubbing, and whenever the ankles become stiff they should be soaked thoroughly in hot water. When the calves and feet become sore rest is the only remedy. The general idea to

hold in mind is to get enough strength and endurance to last through the contest, which is always a long one, and at the same time to get as much speed as possible.

It is needless to say that great care should be taken to prevent over-training, and at the first appearance of this condition one should let up on his work temporarily. It is always better to go into a contest a little under-trained than over-trained.

PUTTING THE SHOT.

BY HENRY F. COCHEMS.

In discussing methods of training for the shot put my discussion must necessarily be subjective from observation of personal results. However, I shall eliminate any suggestions not of general interest and application.

The idea is almost universally entertained that the only requisite for successful shot putting is a massive, giant brawn. Nothing could be further from the truth. There is no standard event in the whole schedule of athletic feats which demands a general symmetrical development more imperatively than putting the shot. Nervous activity, agility, and the ability to focus your extremest nervous effort at the crucial moment of delivery are as absolute essentials as brawn and sinew. That this combination of muscular and nervous qualities is necessary is manifest from the history of successful shot putters.

George R. Gray weighed only 186 pounds when he established the world's records in shots of all weights. Garrett, of Princeton, weighed less than 180 pounds when he won the event at Berkeley Oval last year. For four successive years the record has been held in the W. I. A. A. by men below 175 pounds.

The physical condition of men, so far as this is promoted by diet, rubbing and massage baths, and abundant rest and sleep, is much in conformity with the generally accepted methods of training sprinters and other track athletes, the only essential distinction being that in the shot put the effort to reduce weight should be less radical.

In training for condition the dominant purpose obviously is to bring to their highest efficiency on the day of the contest three things:

- (1) The elastic muscular condition.

- (2) Abundant nervous energy.

- (3) Mental vitality—i. e., the absence of interest in your event. Your work should cultivate a vital and ambitious interest. This seems distinct from physical condition.

Neither of the above three can be subordinate to the other without sacrifice of the best results.

Almost invariably trainers unconsciously ignore the last two elements in a man's condition and strive only for the first. This is especially the error of the old school of trainers. The result is that they overwork their men and drain them of the reserve energy with which they should be full to overflowing on the day of the contest.

Above all, then, do not overtrain in the shot put. From three to five throws per day are sufficient. Eight or ten shorter puts for practice on "form" provide abundant work for one day. I would not throw the "best" I had in me more than once in three days. I would not touch a weight at all at least three days before a hard contest. Build up, and when you enter the ring after such a respite from work a shot will feel comparatively light to you.

The best shot putter will not confine himself exclusively to work in the shot put. This is what produces mental "staleness," and that condition is fatal to results. Drop your work for an interval. Such apparent waste of time is profitable. You may substitute short sprints and starting from the "mark." Indeed, such work is always a valuable auxiliary. To avoid mental "staleness" move your ring frequently, use shots of different weights, 12, 16 or 20 pounds—anything to give you variety.

Never permit yourself to contract the habit of "fouling." It is dangerous when under pressure in a contest.

In the mechanical directions for putting the shot four points of vital importance occur to me.

(1) Secure elevation in your throw; raise the shot high unconsciously. A man shirks work here because the strain of putting is severe.

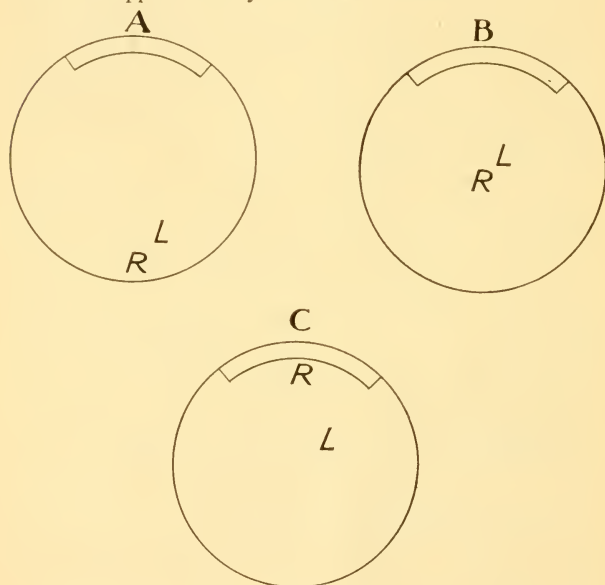
(2) Labor to increase your speed in the ring. It is remarkable how effective a persistent effort toward this result is.

(3) Hold the shot in your hand deeply, so that the centre of the shot is in direct line with the ulna and radius of

the forearm. Do not hold shot forward in the fingers; they yield when you deliver.

(4) When you deliver the shot do not permit the elbow to swing out from the body. Your hand should turn in the delivery so the palm faces outward from the body. Then the delivery is firm and unyielding.

In standing in the ring ready for delivery, stand rigidly erect, with body inclined well back. Do not crouch; it impedes fast work. The successive positions of your feet should be approximately as below:



(A) Initial position is as in A; then make rapid step forward, weight resting on right foot, to position

(B) Then pivot on left foot, changing right foot to position R in

(C) Then, rising on toe of right foot, deliver the shot, extending every muscle to its utmost.



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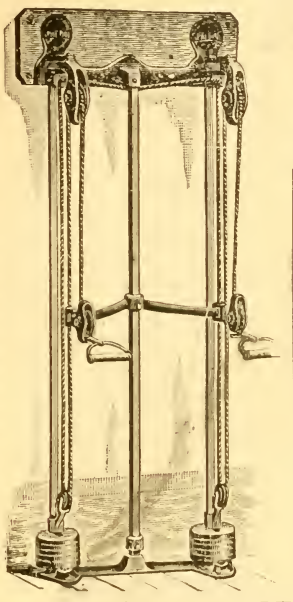
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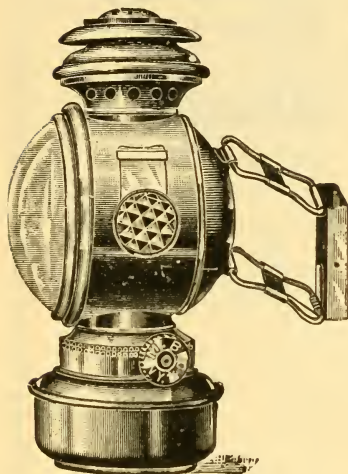
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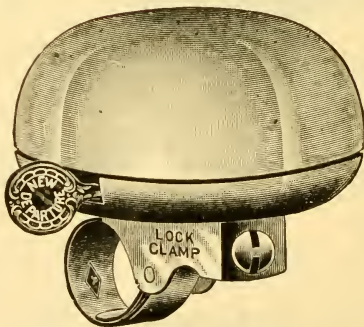


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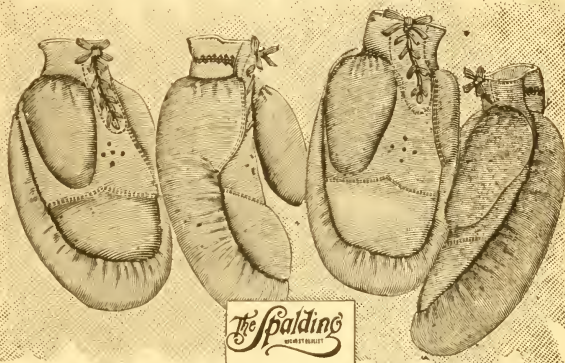


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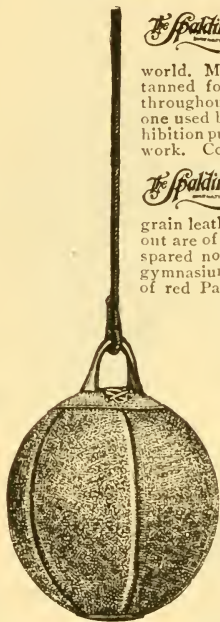
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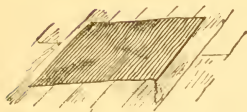
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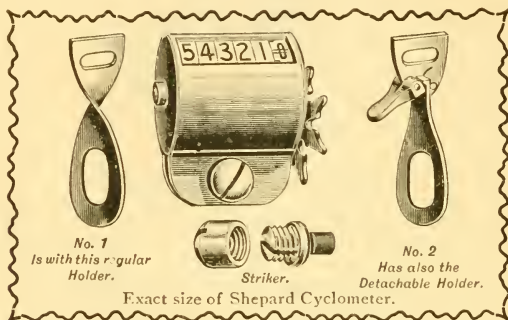
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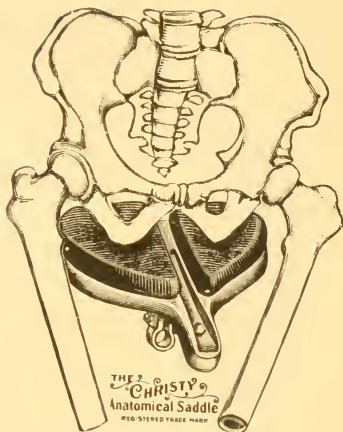
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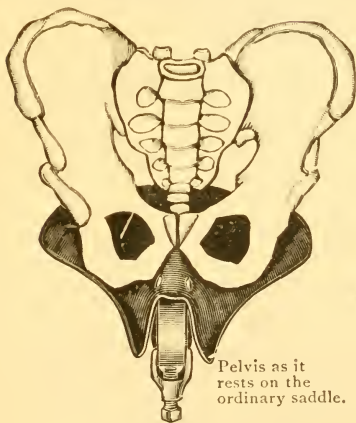
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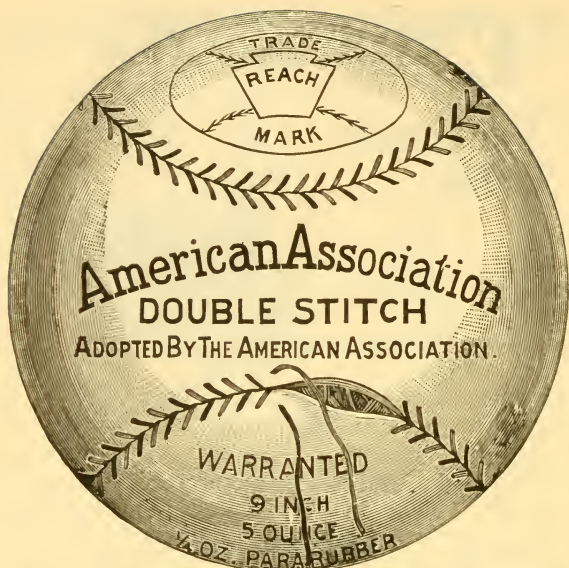
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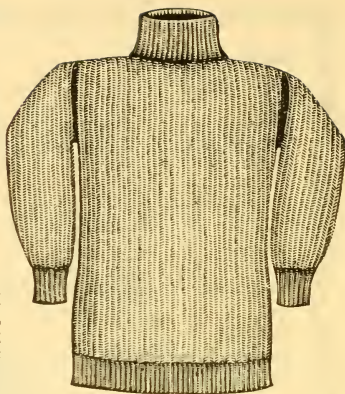
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